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Stampeders mourn lost family



THE CANADIAN PRESS

Mylan Hicks 1993 - 2016

VIOLENCE

Mylan Hicks was shot and killed outside a nightclub



Mathew Silver
For Metro | Calgary

The Calgary Stampeders are mourning the loss of an important family member. Mylan Hicks, 23, was shot and killed outside of Mar-

quee Beer Market early Sunday morning, while several members of the team celebrated Saturday's win against the Winnipeg Blue Bombers.

Joshua Bell, a 31-year-old Stamps veteran, had a close relationship with Hicks on and off the field.

He said that he left the nightclub before the shooting occurred.

"We lost family today," Bell said. "Everybody doesn't react the same but we lost family today, we're hurting."

Hicks was a member of the practice squad, and signed

with the Stampeders in May. Team president and general manager John Hufnagel described him as exactly the type of player you want in your locker room.

"Obviously this is an extremely difficult and upsetting time for the players and staff," said Hufnagel.

"It's a terrible tragedy. Our thoughts and prayers go out to Mylan's family."

Police responded to a report of gunshots at about 2:30 am, and transported Hicks to hospital in life-threatening condition.

He later died as a result of


his injuries.

Three suspects have been taken into custody following the incident, which the Stampeders described as an "act of violence" in an official statement.

An autopsy is expected to be completed on Monday.

The former Michigan State Spartan had a brief stint with the San Francisco 49ers in May 2015, before landing with the Stampeders.

Ken King, president and CEO of the Calgary Sports and Entertainment Corporation, described the loss as an unfathomable tragedy.



"You lose family, but you have family. We're leaning on each other right now."

Joshua Bell
CANDICE WARD/FOR METRO



"Last night we had the most devastating loss we could. Football doesn't even seem important right now."

Bo Levi Mitchell
CANDICE WARD/FOR METRO



"It's a terrible tragedy. Our thoughts and prayers go out to Mylan's family."

John Hufnagel
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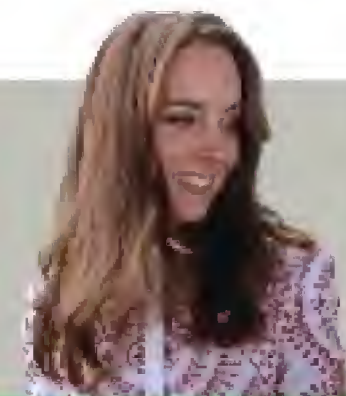
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Two-spirited seek safety

IDENTITY

LGBTQ people leave reserves to find city can be hard



Jeremy Simes
For Metro | Calgary

Sable Sweetgrass identified as 'awowaakii' long before she learned the term transgender.

Sweetgrass considers herself one of the luckier indigenous LGBTQ and two-spirit people in Calgary, as many move to the city in hopes of a better life, but instead face prejudice by some non-indigenous folk.

"I'm remaining positive about it," said Sweetgrass, an educator. "Today is so much better for trans indigenous people than before, but I know there are still a lot of young people that still get kicked out of their communities and are down and out when they come here."

Sweetgrass came out as awowaakii — a blackfoot term that represents a person with both a masculine and a feminine spirit — in the late '80s. Awowaakii can also be translated as two-spirit.

Sweetgrass, who also identifies as a trans woman, said her mom as immediately accepting.

"That's just how she is," Sweetgrass said. "She went to residential school, so it just surpassed me."

"It's so rare that it actually happens like that."

But Evans Yellow Old Woman, an awowaakii man from the Sika

sika Nation, said he and many others have experienced LGBTQ-phobia on reserve.

He said the residential school system, which funded by the government but run through churches of various denominations, had a role in instilling anti-LGBTQ beliefs, stripping indigenous peoples' cultural roots.

"There was a lot of shame," Yellow Old Woman said.

But he said he didn't realize he was "native" until he moved to Alberta's big cities, first Edmonton and then Calgary.

For instance, he had a hard time finding a place to rent for about a year.

"The stigma that's out there is not a good one, and it's not one you want to be associated with," he said. "Everyone knows the labels."

Sweetgrass said she'd like to see a space that LGBTQ and two-spirit people can go for health and education resources. She'd also like to see better relations with police.

Yellow Old Woman said he wants change immediately, noting there's a vocal, young group of indigenous people on social media.

"I'm not waiting five generations," he said. "I don't want my future daughter to be ten times more likely to go missing or be murdered."

But like the awowaakii, who also traditionally orphaned children in their communities, both Sweetgrass and Yellow Old Woman work with youth, providing safe spaces and a sense of community.

Yellow Old Woman said listening to younger people's stories, while creating a sense of com-



Sable Sweetgrass, an Awowaakii woman, says her son Zach was extremely accepting when he learned she was trans. JENNIFER FRIESEN/FOR METRO

munity, can have a huge impact.

"Just saying, 'Hello,' and showing you can be that person they can go to makes a huge difference," he said.

It's the younger generation Sweetgrass is most confident in.

"When I told my son, Zach, about myself it was no big deal," she said.

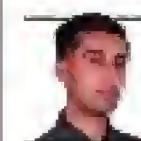
"I was just so shocked by how much he knew. I honestly wanted to cry."

Change is currently happening, she added.

"I don't think change happens like that," she said while snapping her fingers. "It's overtime and happening now."

CULTURE

Film shorts could make it to Oscars



Aaron Chatha
Metro | Calgary

Two films have been awarded the Calgary International Film Festival's Best of Shorts prize — meaning they're now both qualified to go onto the Oscars.

Earlier this year, CIFF announced that it was now an Oscar-qualifying festival for short films in the narrative and animated categories.

So, the first two CIFF films to join the road to the Oscars are Balcony, and Broken: The Women's Prison of Hoheneck.

Balcony comes from United Kingdom director Toby Fell-Holden, about a teenage girl's attraction to a newly arrived Afghani immigrant in a neighbourhood rife with racial tensions.

Broken is a German animated film by Alexander Lahl & Volker Schlecht about two political inmates at a notorious women's prison.

"CIFF celebrates the entire range of filmmakers — from promising students to the world's most acclaimed," said Steve Schroeder, CIFF executive director. "We saw amazing talent of up-and-coming filmmakers in Youth by Youth Cinema, and the winners of our Best of Shorts could go on to the Oscars."

Five winners were chosen in the Youth by Youth category as well, with directors aged eight to 18 and films as long as seven minutes — or as short as one minute.

CIFF continues in Calgary until Oct. 2.

+ WHAT IS AWOWAAKII?

According to lgbtqhealth.ca, awowaakii, a blackfoot term for two-spirit, is used by some indigenous people to describe their sexual, gender or spiritual identity. The term is also used by some indigenous people who Westerners would identify as gay, lesbian, bisexual, transsexual, transgender, gender queer, cross-dressers or who have multiple gender identities. awowaakii is also considered a traditional role

in some indigenous societies, where many would orphan children and were sourced for spiritual guidance. For example, We'wha was a Zuni indigenous person from New Mexico. We'wha was considered the most intelligent of the Zuni tribe, according to Will Roscoe, an anthropologist who documented We'wha. We'wha also met former U.S. president Grover Cleveland during the late 1800s.

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Opportunities for education

LEARNING

Student helps girls to learn in Afghanistan



Jennifer Friesen
For Metro | Calgary

Azalea Lehdorff chose to leave home when she was only 14 years old.

But, this isn't your average story of teenage rebellion — Lehdorff left for the seemingly simple desire to go to school.

She and her sister were home schooled at an early age, but their mother battled a mental illness, which kept the family from settling down. They moved through the United States 26 times — living in an old hunting shack and a Winnebago — making it increasingly difficult for the girls to maintain their education.

So they took matters into their own hands.

They borrowed their mother's address book and wrote

to 90 of her friends asking if they'd help them go to school, and it worked.

It was a long road, but Lehdorff has realized her childhood dream of attending medical school, and now she's paying it forward.

In 2010 she launched the 100 Classrooms Project, volunteering to help bring education to girls in Afghanistan.

"It was that understanding of knowing how much education could do for you," she said.

"How much it could help you to contribute in society, and how much it could change your life and your future — but to feel like it's out of reach. That was the driving force for me."

In partnership with the Government of Afghanistan and A Better World Canada, Lehdorff's project is building 100 classrooms in Afghanistan and aiming to improve the education infrastructure.

"Since the end of the Taliban regime it's been a challenge for girls to have access to places that their families and the community would consider safe and

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appropriate for them," she said.

"This means that they're often kept from school. So many kids were trying to go back to school, but the country couldn't keep up with providing the infrastructure, and there weren't enough teachers."

The idea for the project came to Lehdorff while she was finishing her undergraduate degree at the Canadian University College (now Burman University) in Lacombe.

As she inched closer to the moment when she would cross the stage, her mind fell upon all the people who helped her along the way.

"I started to think, 'What if I could do that for someone else?'" she said. "So many people stepped in along the way to help me and my sister

when we were on our own. I had just read this book about the needs in Afghanistan at the time and kept me up at night. Immediately, I thought 'I have to do this.'"

And she did.

To date, the project has built 71 of the 100 classrooms, raised more than \$800,000 and seen 15,300 students attend school.

Lehdorff has been to Afghanistan seven times, and by the time she completes medical school at the University of Calgary in 2018, she hopes to have every single one of the 100 classrooms completed.

"So many of those girls they have the same dreams I did," she said, reflecting on the students she met in Afghanistan.

"The difference between me and them is that they don't have the same opportunities I had here."

"It's powerful to be able to make a difference, even in any small way. It taught me that, no matter what, we should do what we can to help."

For more information visit abwcanada.ca.



Azalea Lehdorff started her 100 Classrooms Project in 2010 to help make education more accessible for children in Afghanistan. JENNIFER FRIESEN / FOR METRO

ENERGY

Time short on decision for liquefied natural gas project

Time is running out for the federal government to decide on whether to approve the Pacific NorthWest LNG project, which could open the way for one of the largest infrastructure investments in Canadian history.

The legislated deadline for a decision on the Petronas-led, \$36-billion liquefied natural gas project on British Columbia's north coast is Oct. 2, following numerous delays in the review process including a three-month extension earlier this year.

The project has drawn intense scrutiny, both for the carbon emissions it would cause, and for the potential impact the \$11.4-billion export terminal on Lelu Island, south of Prince Rupert, B.C., would have on the fertile wild salmon habitat.

The Canadian Environmental Assessment Agency released a draft environmental report in February that found the project would not result in serious harm to fish habitat. However, its report also stated carbon dioxide emissions totalling 5.3-million tonnes a year from the LNG facility, and another 6.5-million to 8.7-million tonnes from collection and transportation of the natural gas, would pose a significant ecological threat.

Once a final report is complete, it will be up to federal cabinet ministers to decide whether the project will cause significant adverse environmental effects, and if it does, whether those effects are justified.

Fish said the government of Canada intends to make a final decision within the legislated time frame of Oct. 2, though because that falls on a Sunday, the deadline is actually pushed to Oct. 3.

\$36B

The proposed liquefied natural gas project along the northern coast of British Columbia carries a cost of \$36 billion.

The pending decision comes as the Trudeau government tries to balance the competing pressures of meeting climate change goals and allowing major energy projects to move forward.

Petronas, meanwhile, has to balance its own interests to decide whether to go ahead with the project.

Last year the Malaysian state-owned energy company said it would move forward with a positive final investment decision if the federal government approves the project — but in August it stated that it would have to reassess the project once approval is given.

"Upon the finalization of the report, we need to conduct a total review of the proposed project," Petronas said.

Besides any financial uncertainty, the company still has to finalize agreements with the Lax Kw'alaams First Nations on whose traditional territory the export terminal will sit.

Members of the community have been vocal critics of the project in the past. However, in a community poll in August, two-thirds of the 812 Lax Kw'alaams members who voted were in favour of continuing to pursue LNG development.

In a letter to the community, Mayor John Helin said the vote was only part of the process, and the community was still determined to protect Lelu Island and the salmon habitat.

"We have not moved on our position about the environment. It is still our number one concern," said Helin.

THE CANADIAN PRESS



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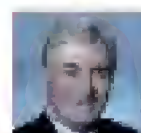
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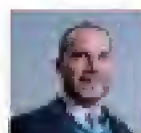
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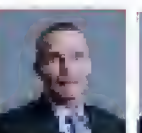
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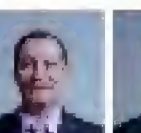
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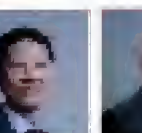
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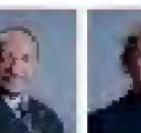
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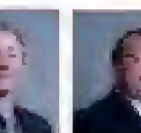
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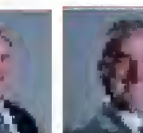
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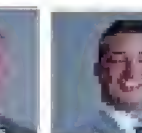
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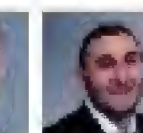
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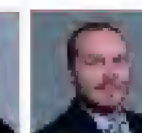
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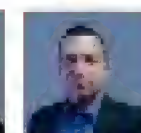
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Minimum wage ads built, not aired

PUBLIC SPENDING

Cancelled because already lots of public interest



Ryan Tumilty
Metro | Edmonton

The Alberta government spent over \$8,000 on a minimum wage campaign last year, but never actually ran the advertisements.

Invoices obtained through freedom of information indicate the province spent \$8,295 with marketing firm ZGM to develop ads last fall highlighting the minimum wage increase, but didn't actually run them, abruptly cancelling the contract in early Sep-

tember.

Matt Dykstra, press secretary to Labour Minister Christina Gray, said the government had a budget to actually run the ads, but given the large amount of public interest they felt it wasn't needed.

"The 2015 campaign was originally budgeted at \$80,000. As we moved forward and held a media announcement, our government's commitment to working toward a living

wage received so much media and public attention that we decided an advertising campaign was unnecessary," he said in an email.

Earlier this year, the government spent \$400,000 on a campaign pushing the virtues of its drive to a higher minimum wage. Dykstra said that campaign was meant to highlight the government's long term goal of getting to a \$15 minimum by 2018.

Wildrose MLA Grant Hunter said the \$8,295 is a relatively minor amount and he wonders if it simply got lost in the shuffle.

"They are just spending so much money and they're trying to balance so many balls."

Hunter questions why nothing about the decision to cancel the contract was written down.

"This government has said they were going to be very transparent and open."

\$8,295

The cost of making the ads. The cancelled budget to air them was originally \$80,000. In 2015 the government spent \$400,000 on its minimum wage campaign.

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DEVELOPMENT

City wants public input on Chinatown



Josie Lukey
For Metro | Calgary

Talk, talk and more talk, is what the City of Calgary wanted from residents in Chinatown about a proposed land-use application in the area - but whether something will be done with the feedback is yet to be known.

Targeting the corner of 1st St. SW and 3rd Ave. SW, city officials are looking to develop the current empty parking lot to give Chinatown a face-lift. But after much protest back in April about the lack of public consultation on the developments, a series of engagement workshops were launched to identify issues, opportunities and outcomes related to the vision for the future of Chinatown.

Anna Yi, one resident who attended a workshop, wants to see a mix of commercial and residential developments for the site, while staying true to the unique Chinese design of the community.

"Growing up, I've always come to this part of town with my friends. It's my culture, my heritage and it's very personal for me," she said.

One of the main concerns

at the workshops, was the loss of public parking spaces as a result of the development. Other concerns included uncontrollable commercialization of the site into liquor stores or pawn shops.

According to Allison Chan, project manager of planning in Chinatown, the community has become polarized with some wanting change and others wanting no development.

"People would like to see a Chinatown that fits the idea of what Chinatown is to them," said Chan. "Chinatown is a really special place, so a lot of people are concerned about what could be developed there (which) may not be Chinatown in its look."

According to the City, there are no assurances on what will be developed from the talks. But city officials have developed eight draft principles about the project over the summer, including: promoting Chinatown's distinct cultural heritage, balance mobility, creating a safer and clean community and developing a mixed-use, age-friendly community.

Feedback from the workshops will be presented to City Council on Dec. 5, where they will vote to approve or table the land-use application.



Representatives from the city said the developments in the 70s and 80s didn't conceptualize Calgary's growth.

JOSIE LUKEY/FOR METRO

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Calgary **metro** NEWS

Gerry Forbes stalls his retirement two years

CELEBRITY

Radio host will wait to ride off into the sunset



Mathew Silver
For Metro | Calgary

Gerry Forbes just couldn't do it.

He was expected to retire earlier this month on his 60th birthday, but decided to renew his contract with CJAY 92 for another two years. That means listeners will hear from the 'de facto mayor' of Calgary for at least a little while longer.

As the star of The Gerry Forbes Show, which airs weekday mornings, he has leveraged his celebrity to give back to the community since arriving on the airwaves in the early '90s.

Oddly enough, his on-air irreverence both belies and fuels his philanthropic efforts.

"I've got a really sick mind," said Gerry, unabashedly, in reference to his proclivity for thinking up outrageous stunts.

He recently said his all-time favourite radio gag was giving a baby a Metallica tattoo.

The tattoo was fake, but that didn't stop child services from arriving at the CJAY 92 studio to try to take the child away.

This is the same guy that helped to raise about \$27,000 in funds for the family of two-year-old Hailey Dunbar-Blanchette and her father Terry Blanchette, who were tragically murdered in 2015.

"Some guys will do things to promote themselves," said his brother, Marty Forbes. "I've seen him crying like a baby handing over a cheque."

Marty said that philanthropy was learned early in the Forbes family. Their father, Jerry Forbes, who ran 630 CHED radio in Edmonton, taught his kids that the power of radio was twofold — they had a responsibility to give back to the



Gerry Forbes has been a staple of Calgary radio since the early '90s, with his irreverent on-air persona and his involvement in the community. MATHEW SILVER/FOR METRO

community.

It was in those formative years that Marty noticed Gerry's aptitude for entertaining an audience.

"I think our favourite memory is that we used to have these massive Christmas parties. Gerry used to sneak the Drambuie and liqueurs, throw a couple back and entertain," said Marty.

Gerry got his start in radio early, cutting tapes and sending them to his father to critique. After stints in Kamloops, Hamilton and Toronto, he landed at the The Bear in Edmon-

+ FORBES TRIVIA

- Forbes knew that he wanted to get into radio at the age of 13.
- Forbes got his start on the graveyard shift at CHNL Kamloops at the end of high school.
- Upon retirement Forbes plans to spend time between his homes in Canmore and Arizona.
- Forbes owns part of Bookers BBQ + Crab Shack located in the East Village.
- Forbes was born Sept. 16, 1956.

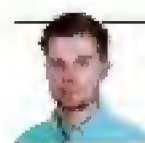
ton, where he was allowed to bring his ideas to life.

Now entering the twilight of his career, Forbes looks back with no regrets. He said

he owes his success to taking chances when nobody else would, and giving back is the most important thing you can do along the way.

PRIVACY

First responders' info leaked in breach



Jeremy Simes
For Metro | Calgary

Thousands of Alberta's first responders may have had their personal information put at risk, after the Alberta College of Paramedics (ACP) reported a privacy breach in its navigation portal.

The ACP, a regulatory college for the emergency first responders, said in a memo Saturday evening that it was possible for practitioners with a username and password to log into the system and view another first responder's information in the database.

The college said the breach was corrected, but believes it began at about 7:30 p.m. on

Wednesday and extended to 11:30 a.m. on Thursday. It said a software update to its portal resulted in the unauthorized access.

During that time, five people either created a new username and password or logged in. It's not known if those five people viewed accounts.

The privacy information at risk of disclosure included date

of birth, name, address, phone numbers, email address, employment and education records, and the last four digits of a credit card. The ACP stressed entire credit card numbers were not available, as they're not stored in its internal system.

The ACP said it will notify the Privacy Commissioner Monday morning.



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Sisters launch shoe project for women



Aiyanna Leonard La Couvée (left) and her sister, Kaiya.
JEREMY SIMES/FOR METRO

MMIW

Inspired by mother they never met



Jeremy Simes
For Metro | Calgary

Aiyanna Leonard La Couvée never met her mother, Crystal, an indigenous woman who was al-

legedly murdered almost one year ago.

"I wanted to meet her. We were going to last year," she said, with tears beginning to well in her eyes. "But we didn't."

Leonard La Couvée and her sister, Kaiya, have been collecting pairs of shoes as part of a project, called Footprints, that will shed light on the reported 1,200 missing and murdered indigenous women and girls in Canada.

Aiyanna said they hope to collect 1,200 pairs of shoes to represent that number, and will have them on display in a circle during the annual Sisters in Spirit vigil at Olympic Plaza on October 4.

Crystal was known by close friends and relatives as 'giggles,' Kaiya said, adding she inspired the duo to launch the project.

"I heard she was funny. I heard she laughed a lot."

The sisters are among many children across the country

whose indigenous mothers have gone missing or have been murdered. Jenlen Leonard, who adopted the girls, said she's extremely proud of them for leading the cause of spreading awareness about missing and murdered indigenous women and girls.

"It's two young women who are really showing leadership in their desire to make a difference in their own communities," Jenlen said. "I see a lot of strength, and they exude that."

LANDMARK

Mistake will cost town its water tower

An iconic water tower overlooking a scenic town in west-central Alberta is headed for the scrap heap because of a mistake made during the construction of a new hospital helipad.

The decommissioned, 18-metre cylinder has cast a shadow over Rocky Mountain House since it was built in 1963, proudly displaying the town's name and the slogan "Where Adventure Begins!"

Its fate was sealed, however, when the adjacent hospital went to reconstruct its helipad.

Alberta Health Services said it asked its consultants whether the massive blue and white tower jutting high into the sky next door would be an issue.

"We were told that all that would be required was a new set of lights to illuminate the tower," said Kerry Bales, a chief zone officer with the public agency. "That wasn't accurate information and it's unfortunate."

It turns out, under Transport Canada regulations, the tower would have to be painted in an orange-and-white checkerboard pattern to make it more visible for air ambulance pilots. Moving the landmark is too expensive, said Rocky Mountain House town manager Todd Becker. Tearing it down is expensive too.

"Painting is the cheapest option but, being a landmark, we'd have to paint at least the top half of that tower an orange-and-white checkered pattern and our emblem would have to be removed," Becker said.

"We didn't want to have that as our landmark."

So down the tower will come, likely by the end of the year.

Locals in the town 7,300 about 200 kilometres northwest of Calgary are none too pleased.

"It makes me angry," said longtime resident Bernie Visotto. "Because of Alberta Health Service's neglect, oversight or incompetence — however you want to put it — we're losing our water tower."

Visotto said she realizes many people don't need the landmark



Rocky Mountain House may lose an important landmark.
THE CANADIAN PRESS

with the popularity of GPS, but she would always tell visitors to look for the water tower to find their way.

"To me it's been part of Rocky Mountain House and it's been an identifying landmark so it's pretty grim."

Daryl Denham said he'd prefer a checkerboard landmark to no landmark at all.

"It's been here as long as I can remember and I'm not that young anymore," he said. "Painting might have made it stand out more as a landmark, but I think they should just have left it alone, refurbished it and left it the way it was."

A final cost for demolishing the tower and moving the communication equipment on top will be presented to council at the start of November. An initial estimate pegged it at \$430,000.

Alberta Health Services have promised to foot the bill, but Visotto noted taxpayers are on the hook either way.

"We pay for it by losing our water tower and, of course, since Alberta Health Services uses tax dollars, our taxes are going to pay to have it demolished," she said.

"We're going to have to pay for that no matter what."

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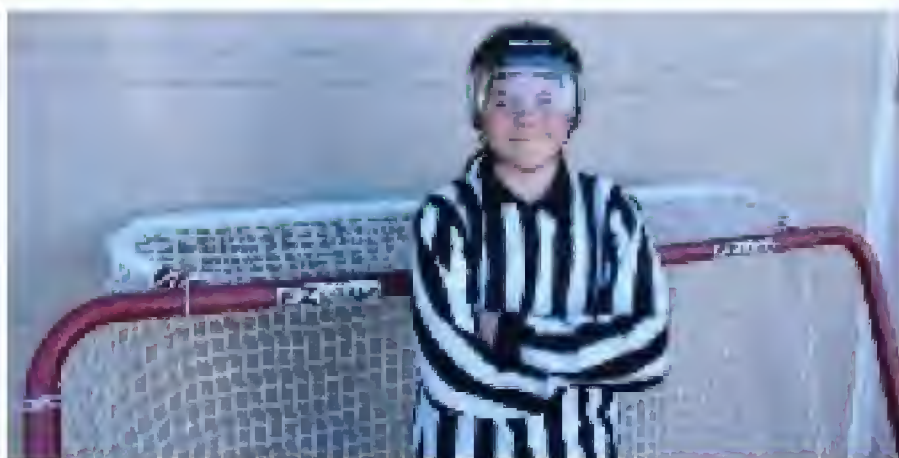
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The new handshake rule in minor hockey will impact Xavier Exner, 14, in his career as a referee. MATHEW SILVER/ FOR METRO

HOCKEY

Referees weigh in on new rule change



Mathew Silver
For Metro | Calgary

For referee Taffin Evans, the handshake after a hockey game made her feel valued.

"It's nice to know that we are somewhat appreciated, even though the game may not have gone in the direction the players and coaches wanted," said Evans, who has seen her fair share of post-game altercations. She noted that it's usually the behaviour of the coaches, not the officials, that has a negative impact following games.

Earlier this month, Hockey Calgary announced that post-game handshakes between officials, coaches and players would be outlawed for the 2016/17 season. A review by the Hockey Calgary operations committee concluded that the communication with officials following the game created more animosity among participants.

While Evans, who has been a referee for the past seven years, understands why they

made the change, she said that officials will miss out on the sportsmanship that goes along with the handshake.

Xavier Exner, 14, has just begun his refereeing career, but that hasn't stopped him from considering the implications of the prohibition. He said that his friends have already been hearing it from emotional coaches in the Atom (under 11) age group.

It's the type of bullying that has referees dropping out at an alarming rate. A study by the Hockey Alberta Referee Council revealed that about 35 percent of refs step away from the game because of verbal abuse.

As the father of a young referee, Cory Exner, Xavier's father, is glad they have made the rule to protect up-and-coming whistle blowers.

"It's your classic one out of 100 spoils it for everyone else," he said, adding that after a number of incidents Hockey Calgary had no choice but to make a change. For him, the safety of officials is paramount to fostering communication with players and coaches.

VETS

Aromatherapy classes for owners and their pets



Josie Luky
For Metro | Calgary

A few years ago, Django was bit by another pooch.

But he decided to take the natural route to healing, by using essential oils to treat his injury. Luckily, his mom, Jill Hawker, was the owner of The Apothecary in Inglewood and an expert in essential oils.

It's now a method Django can wag his tail to.

In fact, Hawker has launched a class for owners to learn how to treat their fur babies with aromatherapies.

"I used a regime of hydrosols, the water portion of plant distillation and essential oils on his bites. Through a series of compresses and washes, not only did his bites not get infected — they in fact healed extremely quickly and with no visible scarring," said Hawker.

Animal aromatherapy uses



Most of them are actually pretty safe.

Wanda Vockeroth

essential oils as a holistic alternative to treat wounds, change behaviour and clean the coats of our furry friends. Depending on the type of essence used, the oils have the ability to alter physical and emotional characteristics of an animal — in the same way oils are used on humans.

But Wanda Vockeroth a veterinarian of Little Creek Vet said that if people want to start introducing essential oils to pets, they should paw — and do their research first.

"Most of them are actually pretty safe, but some of them are quite strong. There are some that can actually be toxic — especially if they're used in a very concentrated fashion," said Vockeroth.

The safest way to use aromatherapy, according to Vockeroth, is to use a diffuser that will spread the essential oil essence throughout the air. Other treatments include using lotions, spraying oils on the skin and taking them internally.

Nonetheless, Hawker said she already has a great response to the course and will be offering more courses in the future.

"At The Apothecary, our number one priority is education and safety with essential oil use," said Hawker, who added that dogs have over 200 million scent receptors so the smallest amount of oil is required in treatments.

For more information, visit www.the-apothecary.ca.



Some oils that Jill Hawker and Wanda Vockeroth recommend are lavender for calming down your pet and chamomile for treating infections. COURTESY JILL HAWKER

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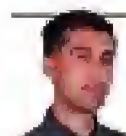


Andrew Phung appears as Kimchee in Kim's Convenience, airing next week. CONTRIBUTED

City comedian lands role in new CBC show

TELEVISION

Phung running his mouth through Kim's Convenience



Aaron Chatha
Metro | Calgary

If you haven't seen comedian Andrew Phung on the Calgary stage for a few months, it's because he's been spending all his time hanging out at Kim's Convenience.

The local improviser, known for spreading laughs at Fringe Fest, Loose Moose and many

more Calgary venues, was cast in the upcoming CBC show as Kimchee — the show's resident trash talker and best friend.

Based off the play by Ins Choi, the show follows the Korean-Canadian Kims, who run a convenience store in downtown Toronto. Unfortunately, the Kims had a falling out with their son Jung after a physical fight and stolen money. Father and son have been estranged since, but Jung's sister Janet hopes to mend the family.

For Phung, it was a new experience playing a character for more than a few minutes. Because he's an improviser, he usually comes up with characters on the fly — but with Kimchee, he was in character

for months.

"There's one great moment early in the show where I'm trying to figure out Kim Chi — because I thought he was just this trash talker. This trouble maker," said Phung. "Then I realized — no. He's actually the smarter guy in the room. He's a genius who thinks everyone else is an idiot. When he speaks his mind, he's speaking the truth."

Kimchee likes hip-hop, sneakers and running his mouth.

Phung likes hip-hop, sneakers and running his mouth.

They're similar enough that Phung was approached personally by Ins Choi to audition for the show, after Phung's Fringe Fest performance in Edmonton last year.

In March, after auditions around the country, he finally landed the role.

"The really interesting thing is, whenever I tell someone about this, they're like, 'oh, it's like the Canadian Fresh off the Boat,'" said Phung, speaking about the need for more diversity on TV.

"Well, you would never have said that's the Canadian Friends, or that's the Canadian Cheers if the show (Fresh off the Boat) with white people."

For Phung, Kim's Convenience is an important step forward for visibility — and for more Canadians to see people like them on screen.

The show premieres Oct. 4 on CBC.

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West goes wild for Royals

Will and Kate continue charming B.C. after touching down in Vancouver

The Duke and Duchess of Cambridge continued to charm Canadians on the second day of their visit to British Columbia and Yukon on Sunday.

The couple, without Prince George and Princess Charlotte, left Victoria on a float plane and arrived at Vancouver's Jack Poole Plaza, where several hundred royal fans gave them a noisy welcome.

British Columbia Premier Christy Clark, Vancouver Mayor Gregor Robertson and representatives of First Nations greeted them on the wharf.

The royal couple were dressed semi-formally for their visit to Vancouver, with William wearing a blazer and tie. Kate was wearing a red-and-white patterned dress by the late British designer Alexander McQueen, with her hair down, red shoes and a red purse.

The pair walked down a pathway through the crowd shaking hands and taking flowers, as well-wishers frantically snapped photos on their iPhones and cameras.



Prince William and Justin Trudeau admire a drum the prince was given.

Will greeted one side of the crowd while Kate spoke on the other. Both spent time talking with people and appeared to be trying to shake hands with everyone they could. As the pair finally got into a vehicle and left in a motorcade, there were cheers and cries of "Kate! Kate!"

Prince William told thou-

sands at the legislature shortly after their arrival Saturday that he and Kate want to meet as many Canadians, from as many walks of life, as possible during their visit.

The couple's first stop was to the city's gritty Downtown Eastside, where they met several mothers and their children who are part of a unique program for women with children or who are pregnant and also have drug and alcohol addictions.

A small crowd gathered outside the outreach centre in hopes of seeing or even speaking with the duke and duchess.

Tamara Gardner, from the Vancouver suburb of Maple Ridge, brought along her 15-year-old daughter, Victoria, for the visit.


The pair held a bright neon sign with a picture of the Queen, taken at Windsor Castle on Easter Sunday.

"It's very exciting," Gardner said. "And it's special to see them with my daughter."

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ALL PHOTOS JONATHAN HAYWARD/THE CANADIAN PRESS



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Little prince leaves Trudeau hanging

INTERNATIONAL RELATIONS

British media giggles over a failed high five

The British media honed in on what one outlet described as an "awkward" encounter between Prime Minister Justin Trudeau and the young Prince George in reports on the arrival of the Duke and Duchess of Cambridge in Victoria.

Several media outlets and newspapers focused on the brief appearance of the toddler and his 16-month old sister Princess Charlotte at Victoria's airport on Saturday, described as a "rare" occasion by The Sun newspaper since the children are not frequently seen in public.

The prime minister was among several dignitaries waiting on the tarmac to greet the royals when they emerged from their flight on Saturday.

After shaking hands with Prince William and his wife Kate, Trudeau knelt down to meet three-year-old George,



Prime Minister Justin Trudeau and Prince George.

who was holding his father's hand.

Trudeau was seen lifting his hand, trying to high-five the young prince, who shook his head. Videos and photos of the interaction were shared widely by British media.

The Mirror wrote: "Superstar politician Mr. Trudeau might have endeared himself to millions online through his out-

spoken feminism, support for diversity and willingness to embrace Internet memes, but it seems to take more than that to impress Will and Kate's eldest."

The Independent: "Prince George leaves Justin Trudeau hanging after he goes for a high-five."

The Daily Mail: "Sorry, one doesn't high-five with common-ers." THE CANADIAN PRESS

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L.A. police are hunting for a suspect in the killing of a man at a home rented by George Stroumboulopoulos. THE CANADIAN PRESS

Tributes to man found dead in star's home

An actor found dead at the Los Angeles home rented by television personality George Stroumboulopoulos is being remembered by friends and family as a free spirit who loved the outdoors and always had a smile on his face.

John Struthers, who went to high school with Richard Hong in Montreal, described his friend as "the type of guy it was tough not to like."

"He was just a good spirit and he always had a good attitude — smiling and fun-

loving," he said.

Struthers said Hong grew up in Montreal before moving to Los Angeles to pursue an acting career. In high school, Hong was involved in sports and played on the basketball team, he said.

When they were last in touch about five years ago, Struthers said Hong had turned to surfing and was pursuing acting, but was otherwise "just the same."

"He was a positive spirit for everyone around him," he said.

"For such a good person to be taken so early is really incredible."

Hong's sister also posted a short message on Facebook saying her brother would "forever be missed."

"He had such a sweet, pure & free loving spirit," Virginia Hong wrote. "He was too young to be taken so soon."

The 41-year-old actor was found dead early Friday. Police said he died of blunt force trauma.

A spokesperson for the Los

Angeles police department said that no arrests had been made as of Sunday afternoon, and no suspects had been identified.

On Friday, officer Aareon Jefferson of the LAPD said that witnesses directed officers to the body of an "apparent homicide" victim and told them that a man in a black jacket was seen fleeing the area.

Stroumboulopoulos said in a statement Friday that he was "heartbroken" after a "dear friend" was found dead.

THE CANADIAN PRESS

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Sex assault convictions not tracked

ARMED FORCES

Uncertainty remains despite success fighting misconduct

While senior military commanders point to an increased number of criminal investigations as proof their fight against sexual misconduct is working, military justice officials admit they don't know how many service members are ever actually convicted.

This week, defence chief Gen. Jonathan Vance told a Senate committee that there had been a 22 per cent increase in the number of alleged sexual offences reported to military police between January and June.

But the deputy commander of military police, Lt.-Col. Brian Frei, says he doesn't know how many of those who are eventually charged end up being found guilty.

The problem, Frei says, is that

the majority of cases end up in civilian courts, which makes them difficult to track.

Frei says it's one of a number of statistical deficiencies that the military justice system is working to address as the Canadian Armed Forces tries to eliminate sexual misconduct in its ranks.

Defence chief Gen. Jonathan Vance told a Senate committee last week that military police are on track to see a 22 per cent increase in the number of reported sexual offences from the previous year.

"About half of these are old cases," Vance said. "This demonstrates to me that at least some of these victims now believe, perhaps for the first time, that we will hear them and take action."

Criminology expert Holly Johnson says such information is essential for instilling confidence in victims that their cases will be properly addressed and so military police learn from their mistakes.

THE CANADIAN PRESS

IN BRIEF

Canadian kidnapped in Libya

Ottawa has confirmed that a Canadian is among three people taken hostage in Libya earlier this week.

In a statement Sunday, Global Affairs spokesman Michael O'Shaughnessy says the Canadian government is "diligently pursuing all appropriate channels to obtain more information about this troubling incident." He said the government will not comment further or release any information that may compromise efforts to secure the hostages' release. THE CANADIAN PRESS

Bomb threats swamp Halifax

Police in the Halifax area say they responded to five unfounded bomb threats within about an hour Sunday.

The RCMP say they received a call at about 1:30 a.m. from an anonymous male, then another shortly after 2 a.m. Around the same time, Dalhousie University received a threatening phone message, and Saint Mary's University also received a bomb threat. Minutes later, police received reports of a bomb threat against a library.

Nothing suspicious was found in any case.

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7:30 PM - LUNCHBOX THEATRE

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TUESDAY, SEPTEMBER 27

YYCOMEDY MOVIE NIGHT WITH SILVER STREAK AND FUBAR

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PATRICK KEANE

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CRASH TEST COMEDY

8 PM - VERN'S

WWW.FACEBOOK.COM/CRASHTESTCOMEDY

WEDNESDAY, SEPTEMBER 28

TODD BARRY WITH SPECIAL GUESTS

7 PM - PLAZA THEATRE

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THE KINKONAUTS WITH SPECIAL GUESTS

8 PM - CARDEL THEATRE

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8 PM - VERN'S

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WWW.LOOSEMOOSE.COM

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STEVE PATTERSON BOOK SIGNING

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WWW.YYCOMEDY.CA

GORILLA THEATRE

8 PM - LOOSE MOOSE THEATRE

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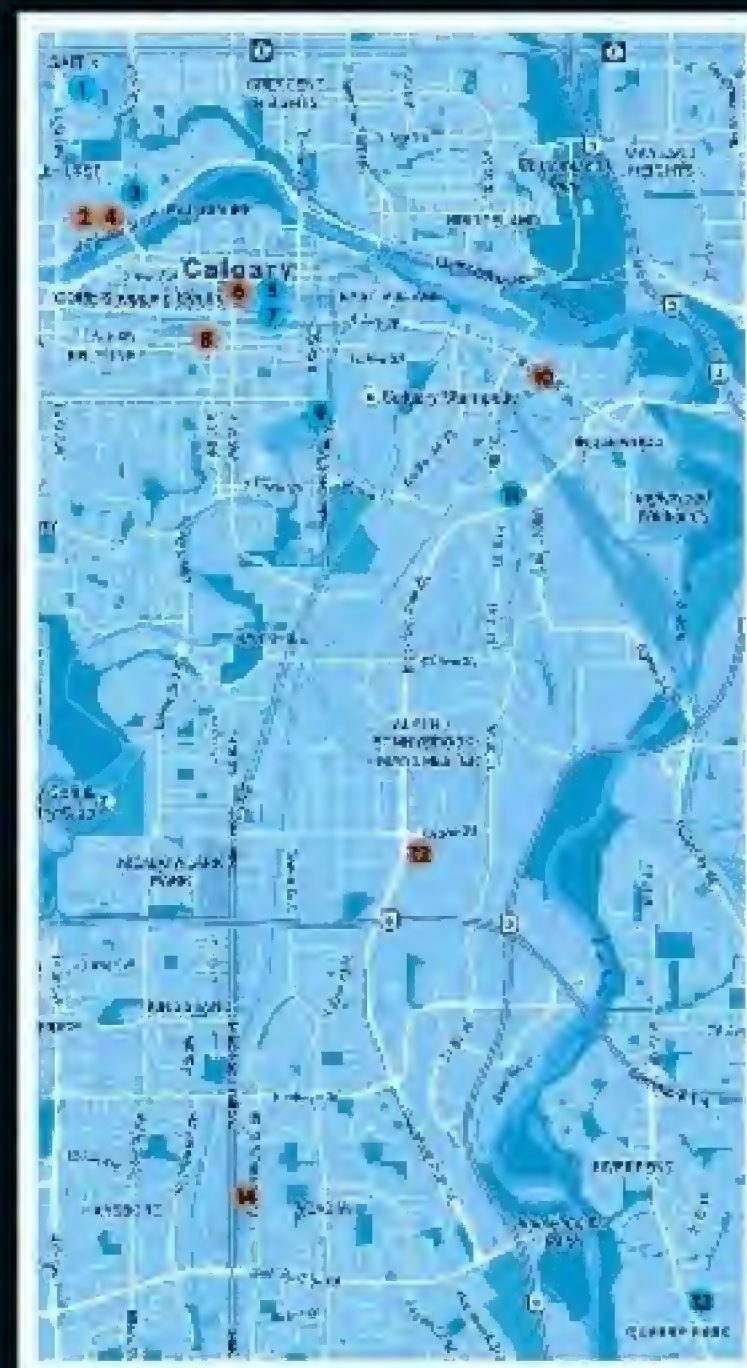
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- 2 PLAZA THEATRE
1133 KENSINGTON RD NW
- 3 OAK TREE TAVERN
124 10 ST NW
- 4 PAGES ON KENSINGTON
1135 KENSINGTON RD NW
- 5 ENGINEERED AIR THEATRE AT ARTS COMMONS
225 - 8 AVE SE
- 6 VERN'S
822 - 8 AVE SW
- 7 LUNCHBOX THEATRE
160 9TH AVENUE SE
- 8 BROKEN CITY
613 11TH AVE. SW
- 9 YUK YUK'S
218 18TH AVE. SE
- 10 LOUITA'S LOUNGE
1413 9TH AVE. SE
- 11 LOOSE MOOSE THEATRE
1235 26TH AVE. SE
- 12 THE LAUGH SHOP
3940 BLACKFOOT TRAIL SE
- 13 CARDEL THEATRE
180 QUARRY PARK BLVD SE
- 14 THE COMEDY CAVE
9206 MACLEOD TRAIL SE



PRODUCER'S MESSAGE

Of course it seems like just yesterday, but it was actually yesterday plus an additional 1462 days ago that we launched the inaugural YYComedy Festival. As we come into this year, our fifth anniversary celebration, we can look back at so many great performers and great shows, look to the present at a still growing and vibrant local comedy community, and ahead to the week of shows we have upcoming. Each year we work with the mandate, and this year again confident it has been reached, that we'll be presenting the strongest comedic lineup to take to Alberta stages this year. We couldn't do it without, and so offer a hearty thank you to, our gracious sponsors, our tremendous collection of volunteers, the talented comics taking to the city's stages, and above all, the fans who have supported us through the previous four years, and we hope will be with us through this busy week, and in times ahead.

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U.S. ELECTION

Hillary and the Donald to finally go head-to-head in war of words

Donald Trump. Hillary Clinton. Yelling at each other, for once, instead of about each other.

The presidential debate on Monday is the first one-on-one showdown between two unpopular candidates who have tried to make the election about the abject terribleness of the other. With a record television audience expected, it offers each of them a critical opportunity to repair a tarnished image and reshape a close race.

Here's what you need to know:

THE BASICS: Time: 9 p.m. to 10:30 p.m. Location: Hofstra University, Hempstead, N.Y.

THE FORMAT: Six 15-minute segments on topics chosen by moderator Lester Holt, two from each of the vague categories he announced last week: "America's Direction," "Achieving Prosperity" and "Securing America." Holt will begin each segment with a question. Both candidates will get two minutes to respond. Then they'll get



Hillary Clinton and Donald Trump will have their first head-to-head debate Monday. THE ASSOCIATED PRESS

a chance to respond to each other.

THE AUDIENCE: In Trumpese: huge. There is a chance the debate will be the most-watched campaign event in

American history. About 70 million people watched the first debate of 2012; a Fox News Channel executive told Adweek that he expects 80 million to watch this one. "I

think there's a lot more at stake here than in a normal presidential debate," said Alan Schroeder, author of Presidential Debates: 50 Years of High-Risk TV.

THE CONTEXT: Clinton's once-large national lead has shrunk to two points over the last three weeks amid broad concerns over her honesty and, to a lesser extent, her

health. She leads in enough swing states to give her a victory, but now just barely, and she is underperforming with millennials.

Trump's problems are numerous: a majority of the electorate thinks he lacks the knowledge and temperament to be president, non-white people overwhelmingly see him as a racist, and he, too, is widely seen as dishonest.

HOW MUCH IT MATTERS: Remember this during your hypothetical mid-debate and post-debate freakouts: whatever happens, even if it seems big, is unlikely to be the thing that decides the election; research suggests that massive debate "game-changers" more or less do not exist.

HOW THEY PREPARED: Like you'd expect them to: Clinton exhaustively, Trump sporadically.

FIVE PHRASES YOU WILL PROBABLY HEAR FROM TRUMP: "Believe me," "Tremendous," "We don't win anymore," "I will fix it," "What do you have to lose?"

FIVE PHRASES YOU WILL PROBABLY HEAR FROM CLINTON: "Tax returns," "economy that works for all," "rise together," "dangerous," "Ronald Reagan."

TORSTAR NEWS SERVICE



The sculpture displayed in a gallery in New York. BRIAN ANDREW WHITELEY VIA AP

Trump Tombstone earns a proper resting place

A granite tombstone bearing the name Donald J. Trump that police confiscated in Central Park months ago is now on display at a Brooklyn gallery.

The year of Trump's birth and the words "Made America Hate Again" also are chiseled into the 225-kilogram slab.

Artist Brian Andrew Whiteley said he created it to remind the Republican presi-

dential nominee that he has "stirred the pot of racism, anger and fear and to help Donald reflect on the legacy he's leaving behind."

Dubbed "The Trump Tombstone," it first appeared last spring in a field in Central Park.

At about 4 a.m. "my accomplices met me there, and we sneaked in by clipping off the metal twist-ties on a gate."

Whiteley recalled on Saturday. "Then we rolled in the tombstone and just plopped it on the ground."

After dawn, the sensation drew crowds snapping pictures as police moved in.

Police held the stone for months while tracking down Whiteley by visiting various New York tombstone businesses.

Then came the visits to his

home from the New York Police Department and the Secret Service who interrogated him "to make sure I wasn't mentally ill," he said.

Along with hate mail he received from right-wing publications, "I was terrified," he said.

With the help of attorney Ron Kuby, who pushed authorities to release Whiteley's work, the artist ended up pay-

ing a \$300 fine for littering in Central Park.

This weekend, the tombstone reappeared in the Christopher Stout Gallery in Brooklyn.

It's "very Trumpian," said Whiteley, who contends that the candidate "is an ego-maniac who loves putting his name on stuff — even a tombstone."

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Unprecedented violence

SYRIA

Emergency meeting at UN as Aleppo attacks go on

At least 26 civilians were killed in fresh government airstrikes on the contested city of Aleppo, Syrian activists said Sunday, as the United Nations Security Council

convened an emergency meeting.

The UN's top envoy to Syria accused the government of unleashing "unprecedented military violence" against civilians.

Staffan de Mistura said Syria's declaration of a military offensive to retake rebel-held eastern Aleppo has led to one of the worst weeks of the 5-1/2-year war.

He said the offensive targeting civilians with sophisticated weapons including incendiary devices may amount to war crimes.

The Britain-based Syrian Observatory for Human Rights reported 26 civilians had been killed by 7:30 p.m.

Hospitals are overwhelmed with casualties and medical workers are expecting many of the wounded to die from a lack of treatment, according to Mohammad Zein Khandaqani, a member of the Medical Council, which oversees medical affairs in the city's opposition quarters.

"I've never seen so many

people dying in once place," he said from a hospital in the city. "It's terrifying today. In less than one hour the Russian planes have killed more than 50 people and injured more than 200."

The Observatory said earlier in the day that 213 civilians have been killed by airstrikes and shelling on opposition areas in and around Aleppo since a U.S.-Russian brokered ceasefire collapsed Monday evening.

THE ASSOCIATED PRESS



Syrians inspect damaged buildings after airstrikes hit in Aleppo, Syria, on Saturday. SYRIAN CIVIL DEFENSE WHITE HELMETS VIA AP

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JORDAN

Writer shot dead in front of courthouse

A prominent and outspoken Jordanian writer on Sunday was shot dead in front of the courthouse where he had been on trial for posting a cartoon deemed offensive to Islam on social media.

A Jordanian security official said the shooter was a former imam, or prayer leader, at a local mosque, and said the man had been motivated by his anger over the cartoon posted to Facebook by writer Nahed Hattar. The shooting was the latest in a string of deadly security lapses in Jordan.

Witnesses and police said Hattar, 56, was preparing to enter the courthouse for a hearing when the gunman shot him at close range.

"He was standing at a short distance of about one meter (yard) in front of Nahed on the stairs of the Supreme Court," a witness said on condition of anonymity, fearing repercussions. The official Petra News Agency said Hattar was shot three times.

The witness said the shooter, who was immediately arrested, was wearing a long grey robe and long beard characteristic of conservative Muslims.

Jordanian media, citing anonymous officials, identified the shooter as Riad Abdullah, 49, a former imam in northern Hashmi, a poor neighbourhood in Amman. The reports said Abdullah had recently returned from a trip abroad, but gave no further details.

The security official declined to confirm the suspect's name. But he said he had confessed to the shooting and claimed he had acted alone and had no connections to any militant group.

Prosecutors charged the man with premeditated murder, committing a deadly terrorist act and possession of an unlicensed weapon.

The official, speaking on condition of anonymity because he was not authorized to speak to the media, said the



Relatives and friends of Nahed Hattar during a protest near Amman on Sunday.

RAAD ADAYLEH/THE ASSOCIATED PRESS

suspect said he was motivated by the cartoon, which depicted a bearded man, smoking and in bed with two women, asking God to bring him wine and cashews. All physical depictions of God or the Prophet Muhammad, even respectful ones, are forbidden under mainstream Islamic tradition.

Government spokesman Mohammad Momani condemned the killing as a "heinous crime."

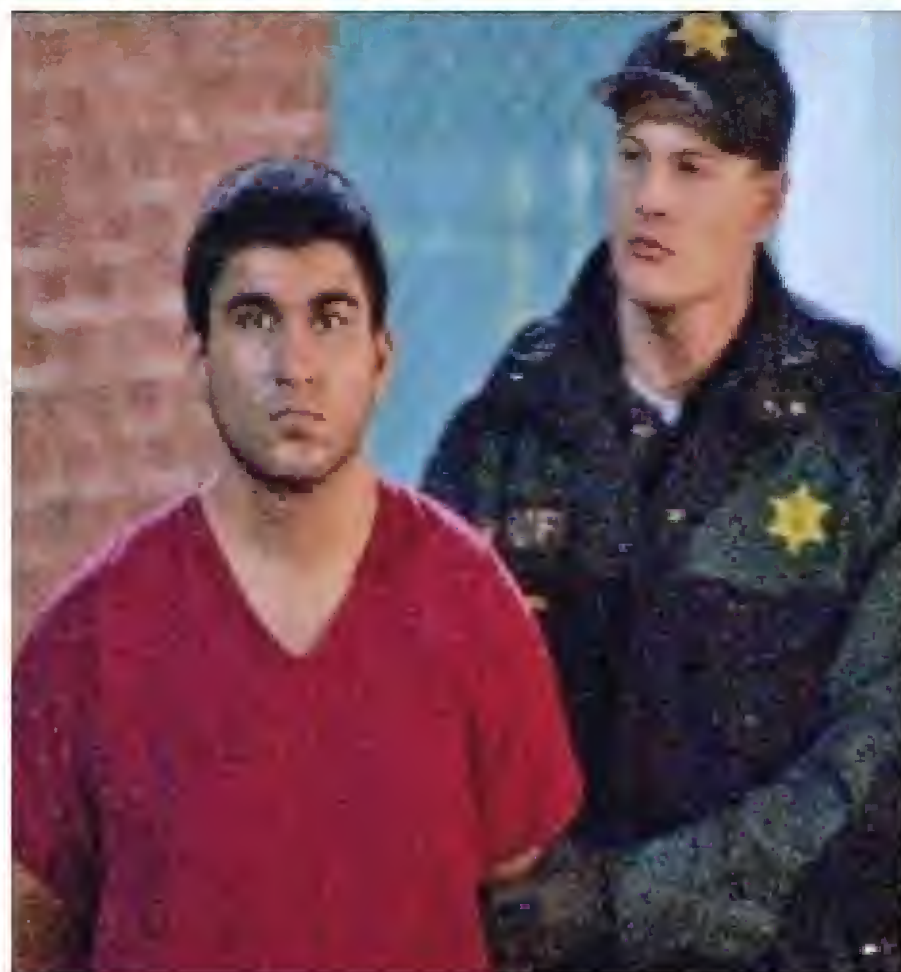
"The government will strike with an iron hand all those who exploit this crime to broadcast speeches of hatred to our community," he told the Petra agency.

But supporters of Hattar said they held the government responsible for the shooting, accusing Prime Minister Hani al-Mulki of creating a hostile atmosphere that encouraged violence against the writer.

"The prime minister was the first one who incited against Nahed when he ordered his arrest and put him on trial for sharing the cartoon, and that ignited the public against him and led to his killing," said Saad Hattar, a cousin of the writer.

Hattar has long been a controversial figure in Jordan. Years ago, he claimed that the late King Hussein had arrested and tortured him many times for his critical writings and vowed not to mourn the king.

THE ASSOCIATED PRESS



Suspected shooter Arcan Cetin in Mount Vernon, Wash., after his arrest on Saturday. JEFF RITTER/KIRO7 VIA AP

Suspected shooter had rocky past

WASHINGTON STATE

Accused in Macy's killing faced charges, called 'creepy'

The 20-year-old man suspected of killing five people with a rifle at a Macy's makeup counter had a string of run-ins with the law in recent years, including charges he assaulted his stepfather, and was described by a neighbour as so "creepy, rude and obnoxious" that she kept a Taser by her front door.

As investigators tried to piece together information on Arcan Cetin, who was arrested Saturday evening after a nearly 24-hour manhunt, a picture emerged of a troubled young man. Court records show more than a half-dozen criminal cases in Island County alone since 2013.

Authorities said the gunman in the attack at the Cascade Mall in Burlington opened fire in the department store's cosmetics department Friday night, killing a man and four females ranging from a teenager to a senior citizen. The killer then fled.

Cetin said nothing and appeared "zombie-like" when he was taken into custody on a sidewalk outside his apartment complex some 30 miles away in Oak Harbor by a sheriff's officer who recognized him as the suspect in the rampage, authorities said.

Cetin immigrated to the U.S. from Turkey and is a legal permanent resident, officials said.

Critical questions remain, including the gunman's motive. The FBI said early Saturday that there was no indication the shooting was terrorism.

Amber Cathey, 21, lived in an apartment next to Cetin for the past three months and said she was so frightened by him that she complained to apartment management and kept a stun gun handy. Cathey said she blocked him on Snapchat after he sent her a photo of his crotch.

"He was really creepy, rude and obnoxious," Cathey said. She said she would try to avoid him by walking the long way around to her apartment if she saw his car in the parking lot. The two were in high school together as well, and Cathey said he acted the same way then.

The Seattle Times reported that court records show Cetin faced three charges of assaulting his stepfather. The newspaper said Cetin also was arrested on drunken driving charges.

Cetin also appeared to have blogs on the site Tumblr that had not been updated in many months. They included seemingly random posts about serial killer Ted Bundy, a collection of selfies, the top-secret Area 51 Cold War test site and photos of Iranian Supreme Leader Ayatollah Khamenei and Islamic State group leader Abu Bakr al-Baghdadi. THE ASSOCIATED PRESS

CHARLOTTE

Video offers no answers in man's death

Newly released police video of a black man's fatal shooting hasn't settled questions about whether he threatened police with a gun before he was killed.

Nightly protests have taken place in the shaken city of Charlotte, North Carolina, since Keith Lamont Scott's death on Tuesday. But Sunday's NFL game in Charlotte opened without interruption.

A group of around 100 demonstrators gathered across the street from Bank of America Stadium

where the Carolina Panthers faced the Minnesota Vikings.

When the national anthem was played, the protesters all dropped to one knee as many NFL players have been doing for weeks to call attention to issues, including police shootings.

Police maintain that Scott had a gun, though residents have said he was unarmed. It's not apparent in the video if he's holding anything shortly before he was shot. The dramatic video released by Charlotte police shows officers

with guns drawn surrounding the man just before the shooting.

In the dashboard camera video released Saturday night, Scott could be seen slowly backing away from his SUV with his hands down. Four shots are heard in quick succession, and he crumples to the ground mortally wounded.

Police also released photos on Saturday of what they said was a loaded handgun found at the scene, adding it bore Scott's DNA and fingerprints.

Relatives and their attorney said their questions aren't answered by the release.

"There is no definitive evidence in this video as to whether or not there is an object in his hand, and if there is, what that object is," said Justin Bamberg, an attorney for Scott's family. "But what we do know is that the moment Mr. Scott is shot, it appears as though he's not aggressively moving toward law enforcement; he's actually doing the opposite." THE ASSOCIATED PRESS

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New banks carving out niche markets

BANKING

Three entrants usher in era of competition in financial sector

The Office of the Superintendent of Financial Institutions (OSFI) has approved three new Schedule I banks since Jan. 1 — raising the number of domestic banks in this country to 30.

At the end of last year there were 27 Schedule I banks, the same number as in 2011.

The 10 per cent jump this year suggests a lot of movement in an industry that traditionally has many barriers to entry.

The new wave of banking entrants is empowered by technology, post-financial crash confidence and opportunities for niche players in a new era of competition — and possible instability — in the financial services space.

Exchange Bank of Canada announced last Monday its virtual doors were open for business, while New Brunswick's Caisse Populaire Acadienne (now called Uni) and Wealth One were given the go-ahead in July.

Another credit union, Ontario's Meridian, said in August that it is in the second phase of its licence and confident its national digital-only offering will join the banking scene by 2018.

It may seem like the current wave of banking entrants is a new trend, but it is actually the continuation of a decades-long wave of new competition, said Terry Campbell, head of the Canadian Bankers' Association.



Charles Lambert, president and CEO of Wealth One Canada, in the first and only retail branch in Canada. Wealth One hopes to cater to Chinese Canadians. CHRIS SO/TORSTAR NEWS SERVICE

The doors opened in 2001 with changes to the Bank Act that ushered in tiered ownership structures that allowed smaller banks with \$2 billion or less in equity to have a single owner. The changes allowed retailers like PC Financial and Canadian Tire and communications companies like Rogers to create their own banks.

"It's bringing more competition into the marketplace and has since the early part of the last decade," Campbell said.

Wealth One, which received orders to carry on business in July, is a digital-focused bank that caters to the Chinese-Canadian community. It was

“**Becoming a bank is a very, very long process.**”

Charles Lambert

founded by a group of Chinese entrepreneurs who discussed the opportunity for such a financial institution given the country's large Chinese demographic.

CEO Charles Lambert left his job at Scotiabank for the opportunity to start up a new financial institution — the first domestic bank in Canada

owned by Chinese-Canadian immigrants.

Lambert believes that by providing culturally aligned services to one of Canada's largest and fastest growing immigrant populations, Wealth One will be able to carve out a niche that will lure some customers away from the big banks.

The bank will exist mainly online, but will also have offices in Toronto and Vancouver and a retail location in Markham, Ont. It filed its application in 2012.

"Becoming a bank is a very, very long process," Lambert said.

TORSTAR NEWS SERVICE

TECHNOLOGY

Group of seven agrees new car regs

U.S. Transportation Secretary Anthony Foxx said Sunday that his counterparts in the Group of Seven nations welcomed U.S. guidelines on regulating self-driving cars and have agreed to work together on creating such standards to maintain safety.

"There was actually a very enthusiastic reception to the policy," he said. "We did a good job of inventorying what each country is doing and laying out areas that we want to explore further."

Such issues include cybersecurity, ethics and privacy, wireless spectrum questions and many other issues, he said, while noting that reaching a resolution might take years, meaning the technology would be moving faster. Foxx called the U.S. guidelines released earlier this month the most comprehensive on autonomous vehicles, coming out ahead of the rest of the world.

Foxx and other transportation officials from the G-7 met over the weekend in

the Japanese resort town of Karuizawa.

Speaking by telephone with The Associated Press, Foxx stressed road tests on autonomous vehicles must continue to encourage innovation.

U.S. electric car maker Tesla's Model S that was using the semi-autonomous mode crashed in May.

The driver died after crashing into a tractor-trailer. Tesla is introducing improvements to its Autopilot system to make it safer.

"One of the things I think that autonomous vehicles suffer from is that they get compared to perfection, and not to the 94 per cent of car crashes that are attributable to human factors. We have to make the right comparisons," Foxx said, while declining comment on the ongoing investigation on Tesla.

"These vehicles will not be absolutely perfect in terms of having no accidents, but by comparison they can be markedly better."

THE ASSOCIATED PRESS

IN BRIEF

T-shirt violates copyright law, Montreal designer told

Montreal designer Pier-Luk Bouthillier says he received a notice on Sept. 13 informing him that a tourist T-shirt he makes featuring drawings of various Montreal landmarks is in violation of Canada's copyright laws. The notice, sent out by SODRAC, the society that represents authors, composers, music publishers and artists in Canada, demanded he stop producing the T-shirts, which include images of the stadium.

THE CANADIAN PRESS

California eyes power from its gridlocked roads

The California Energy Commission is investing \$2 million US to study whether piezoelectric crystals can be used to produce electricity from the mechanical energy created by vehicles driving on roads. The commission will choose a company or university to take on small-scale field tests. It will study how the small crystals, which generate energy when compressed, could produce electricity for the grid under asphalt.

THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD McDonalds' Canada owes this Halifax teen an apology

What began as a good news story as devolved into a bonafide mess around the pivotal issue of trans employment, and a Halifax McDonald's has some explaining to do.

First, Kenny Cooley made international headlines: A trans teen welcomed onto, of all things, a football team.

Cooley found "a family" in one of the most gender-normative, hyper-masculine spaces in our society. "You feel like you're a brother," he told media of his spot as wide receiver for the Halifax West High School Warriors.

Then, two days after his story hit the news, he was fired from his job at McDonald's.

Cooley told Metro News he was fired for a scheduling mix-up, and for all the media coverage he's earned. The McDonald's owner operator Bob Smith said the allegations are shocking, and "not true." The Halifax LGBTQ group the Youth Project is calling on franchise to give Cooley his job back and apologize.

That would be the obvious move. At the very least, Mr. Smith needs to explain why Cooley was let go, if it wasn't simply for being trans, and open about it. Especially when, for trans people in this country, a stable job is the kind of pivotal issue on which so much else depends.

Anyone with a passing interest in trans rights will know the well-documented employment discrimination. According to research from Trans PULSE in Ontario, the trans unemployment rate is at an incredible 20 per cent (it's 7 per cent nationally).



Kenny Cooley. JEFF HARPER/METRO

Only 37 per cent have full-time jobs, and the median income of trans people in Ontario is a mere \$15,000.

The research found stories of trans people not getting jobs because of their gender, being fired or dismissed.

It's the kind of discrimination set to be made illegal under the Liberals' Transgender Bill of Rights, introduced last spring.

But it's not only a matter of human rights -- really, human dignity. The discrimination of trans Canadians is also bad for our economy.

A 2011 UCLA study into the economic impact of trans employment discrimination found that it cost the state of Massachusetts millions of dollars a year, plus at least \$3 million in additional health-care expenditures.

Of course, for Cooley, this is personal. "It kind of made me feel really bad," he told Metro of losing his job. "It's not right."

No. And neither is the employment fate for so many other trans people in the country. But the truth is it's all too common.



TIMELINE How Metro reached out to McDonald's Canada

Wednesday afternoon

Emailed McDonald's regarding allegations from Kenny Cooley. No response by 5 p.m.

Wednesday night

Metro went to Bedford location to speak with manager in question. Another employee said she wasn't available and we were asked to leave.

Wednesday night

Shortly later, a statement from franchise owner Bob Smith is released: "Shocked by these allegations as they are simply not true."

Wednesday night

Metro follows up with McDonald's to confirm Kenny Cooley was in fact no longer working for them. No response.

Thursday afternoon

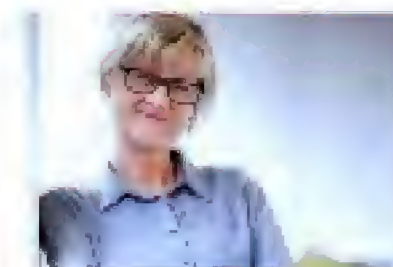
Metro again emails McDonald's looking for response, including whether they will apologize to Cooley. No response.

Thursday afternoon

Thursday afternoon: Metro goes to Bedford location again to try and speak with manager. A different employee says she isn't there but takes our card and says someone will be in touch. No response.



Pat Gault



URBAN ETIQUETTE ELLEN VANSTONE LIGHTNING ROUND

This week, in the interest of changing things up a bit, and offering fresh reminders about old issues, we decided to try a lightning round.

Is it OK to sit in the front seat of a taxi?

No. That's the driver's private domain, where you must not go without permission (e.g., when you're trying to squeeze in an extra person who won't fit in the back). While we're on the subject, when you're driving, always offer the front seat to the adults, and let kids and teens sit in the back seat.

Can I raid the fridge when babysitting?

If you're a teenager being paid less than minimum wage, help yourself to anything that is open, plentiful, non-alcoholic, and not likely to be missed. In return, make sure you leave the kitchen spotless. If you're a professional sitter, don't eat or drink anything unless you're also making it for the kids, or it's just a cuppa.

Can I raid the fridge when housesitting?

If the rules aren't laid out at the beginning, be discreet about what you eat. Eat up the perishables, then

buy your own food. Nobody wants to come back and feel like their home has been raided by locusts.

Is it OK to take the last drop of milk for my coffee, or should I always leave a drop for the next person?

Take the last drop and dispense with the carton. It's not helping anyone to leave a single useless drop, especially if your ulterior motive is to avoid having to rinse out the container, put it into the recycling bin, and procure a new carton of milk.

What do I do if I forget someone's name in the middle of introducing them to someone else?

There is nothing to be done but apologize and admit it. The next step is to train every single person you know to follow this simple rule: When you are being introduced to someone, never wait for the person who's introducing you to come up with both of your names. Instead, leap in and say: "Hi! Nice to meet you! My name is [your name here]! What's your name?"



NEW BOOK

Author argues homes aren't only way to build wealth



Genna Buck
Metro | Toronto

As a landlord, as a renter, and as an analyst at CIBC, Alex Avery has observed a culture, Canada-wide, of what he calls "cult-like" devotion to home ownership and a resulting epidemic of bad real estate advice.

His new book, *The Wealthy Renter*, encourages young would-be buyers to stop and think about what they could be doing with their money instead. He spoke to Metro about why renting has gained such a bad rap.

What convinced you to write this book?

Home ownership is so broadly promoted that renting has become a four-letter word. A lot of young Canadians are feeling a lot of pressure to buy into home ownership, at the same time as house prices have been rising, debt levels are high and interest rates are low. It's a very tough time to understand the housing market.

What should people think about when they're deciding whether to buy a home?

It's really important to understand the total cost of home ownership. The mortgage is just a small fraction. When looking at how much the value of their home has gone up, homeowners tend not to factor in the cost of renovations, maintenance and the interest they paid on a mortgage. They simply say, "This is what I started with, this is what I ended with." If they had put that into a different investment, they may have done better.

If I'm a renter, where should I put my money? I know nothing



'Nothing appreciates like a house' is a huge misconception

Alex Avery, author of *The Wealthy Renter*

There is no amount of logic, facts or supporting evidence that will convince a truly passionate homeowner that there's any better investment than home ownership.

How do you respond to comments like "Why rent when you can buy?" and "Renting is throwing your money away?"

It's a long conversation. Many statements that are part of the promotion of home ownership put down renters, and they're also factually incorrect. "Renting is throwing your money away" is incorrect. A renter pays rent to the landlord. A homeowner with a mortgage pays rent to the bank in the form of interest. And someone who owns their home outright actually pays rent to themselves. Everyone is paying rent all of the time, and it's a matter of understanding how much rent you're paying and who you're paying it to.

What does it mean that you pay rent to yourself if you own your home outright?

If you own your home outright, you have a lot of money (tied up in your home). And if you took that money and put it into something else, for instance a portfolio of dividend-paying stocks, you would be generating substantial amount of income. The loss of that opportunity is called implicit rent.

Renting isn't all bad

ing appreciates like a house, but ...

"Nothing appreciates like a house" is a huge misconception. House prices have actually massively lagged the TSX composite (Canadian stock market index) over the last 25 years. In fact, you would have delivered almost triple the amount of money buying into the TSX as you would have buying into the Canadian housing market. Home ownership comes with a forced savings program in the form of

a mortgage. Renters need to replicate that through some other means. And many of those alternatives offer prospects for better returns than housing. It can be as simple as an automatic transfer into an investment account.

Many renters don't have much, or any, money to put aside at the end of the month. Does your advice apply to them?

I think that it applies to all Canadians, and one of the real-

ly negative things about housing is that it's not a scalable investment. You can't just buy \$10,000 of a house. In Toronto, you have to buy \$500,000 or \$800,000 or a million dollars. In an exchange-traded fund or a mutual fund, you can do it a hundred dollars at a time.

Why do people want to own homes so badly? It's more than just a financial thing, it's a status thing.

It's a huge marketing campaign, by the real estate indus-

try and by friends and family who may not understand other investments, and feel they've made a good choice by buying a home. The government of Canada is also a huge promoter of home ownership, and the reasons they do it are very good. But there isn't one prescription for everyone.

What surprised you most during your research?

The passion with which home owners promote home ownership. It really is a cult.

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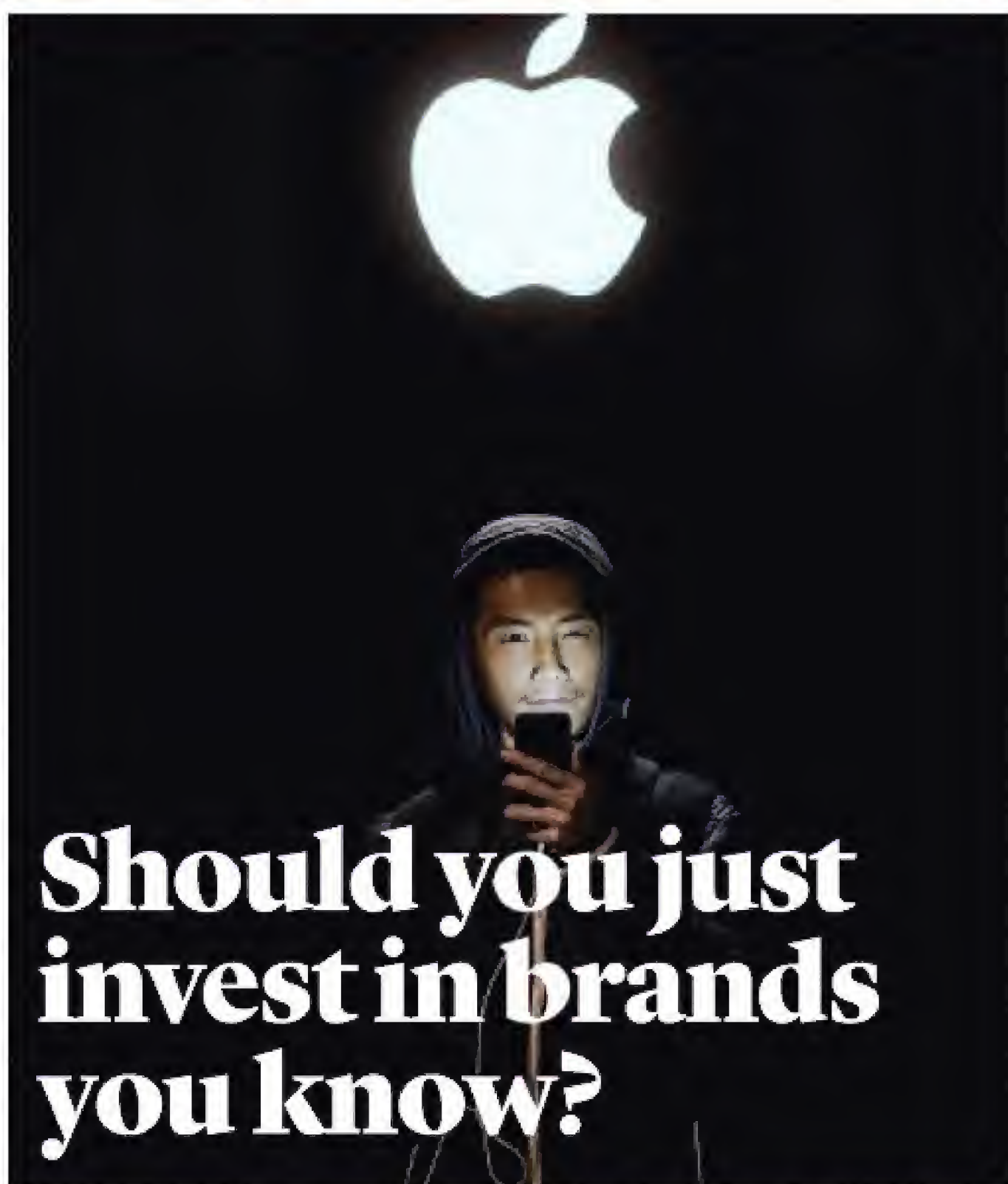


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Should you just invest in brands you know?

An Apple customer illuminates himself while posing for a picture at the iPhone 7 launch. Financial planner Mark Coutts says clients often want to invest in a company's stock solely based on brand-name recognition. GONZALO ARROYO MORENO/GETTY IMAGES

FINANCE

Old adage can limit your stock strategy say experts

It's something financial planner Mark Coutts sees from time to time.

Clients come into his Toronto office and tell him they want to invest in a company's stock based solely on its brand-name recognition.

Often, it's an investment strategy he cautions against.

"Just because you own an iPhone doesn't necessarily mean that Apple is the right stock for you. Just because you get a coffee every morning at Tim Hortons doesn't mean that's the right investment for you," said Coutts, an adviser at Sun Life Financial.

"It means you understand the product, but do you understand all the other factors you would normally consider when making any investment decision: the strength of the management, their competitive advantage, the maturity of the industry, the economic factors that impact that sector. Those are all factors you should bake into the equation."

The idea of investing in what

you know has been touted by many, including legendary investor Warren Buffett.

The reasoning behind it is that people have a better grasp on what they're investing in if they understand the products or services of the company.

While owning a piece of large, well-known companies may be attractive to many, one of the risks investors can run into is missing out on the potential for faster or bigger growth if they only stick to the tried-and-true brands. With Apple, for instance, investors may want to buy the company's shares because they see the huge lineups out the door every time it launches a new product.

But getting in on the company now may be expensive, and there may be more growth opportunities if investors look at smaller firms that may have a connection to Apple, such as its chip maker.

Coutts says buying into big, brand-name stocks also doesn't guarantee perpetuity, such as the cases of Bombardier and the now bankrupt Canadian tech firm Nortel Networks, which both saw their shares plummet.

But on the flip side, HollisWealth senior adviser Allan Small says that although investors may be drawn to new, emer-

ging startups because they have more potential to grow — their longevity and returns are also not guaranteed. "You have to be really careful. Just because a young company has promise and potential doesn't mean it will shoot up and continue to go on forever," he said.

"Sometimes owning a company like that makes sense if you're an investor who can handle the risks associated with it. But for those who want steady and slow because they believe that's what wins the race — these bigger names may fit the bill."

Small says investors need to evaluate their risk tolerance, time horizon and goals with any investment strategy.

Avoiding home bias is another consideration, adds portfolio manager Adrian Mastracci.

For instance, some investors only want to invest in Canadian stocks and don't even consider American or international stocks.

Instead, he suggests diversification as a better guideline to follow for sound investment plans.

"That's the better approach as opposed to loading up on a particular stock because you think it's big," Mastracci said.

THE CANADIAN PRESS

Gail Vaz Oxlade's Money Matters column will return next week.

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Running the world's toughest races

ULTRAMARATHONS

Bloody toes and blisters don't scare these athletes

Imagine traversing through a canyon of waist-deep water at an altitude of more than 3,000 metres. Imagine doing it for five kilometres, knowing it's a mere fraction of the distance you'll need to cover over the next six days in the driest place in the world. And, you've yet to arrive at the most punishing terrain.

The next day, if you're like Paul Borlinha, your feet are blistered. Your pack is heavy. You're briskly moving along broccoli-like rock formations. And there's a 40-kilometre stretch ahead of you before you reach the base camp.

At the end of the day, you'll be hydrated, you'll have a tent to protect you while you sleep and you'll get medical attention, if needed. The rest is up to you. As you rest, you'll reflect on the sand dunes, salt flats and gravel that lie ahead.

This is a sample of what you'll encounter if you dare to sign up for a 250-kilometre, seven-day race through Chile's Atacama Desert, with little more than a 20-litre backpack carrying only the essentials.

This desert run is a niche variation of what's known as an ultramarathon, a race category that includes any distance beyond 50 kilometres.

A few days from now Borlinha will do it all over again, but with the bar raised. The 52-year-old, a race veteran who's finished nine ultramarathons and five Ironman competitions to date, will attempt to conquer a mind-boggling 400-kilometre course in the Gobi Desert.

If that sounds daunting, it is, Borlinha contends, but the



Ultramarathoner Paul Borlinha's next challenge is a 400-kilometre race through the Gobi Desert. This is a picture of him at the canyon water crossing in Chile's Atacama Desert when he ran the race a couple of years ago. CONTRIBUTED

training at times can be grueling, too. It's a test of endurance and also a test of will. Yet, there's something within that compels him to constantly seek new challenges — what he says drives him the most.

"It's about a real deep focus," he said at a coffee shop in Toronto's High Park. He occasionally trains in the area. "You stop thinking almost. You're numb. In some cases, it's good. You don't feel the pain as much."

"The reality comes back when you start to feel the pain and it snaps you out of autopilot."

The 4 Deserts Race Series, which stages the Atacama Crossing, puts runners through the test on four continents, in some of the world's most extreme conditions: the Atacama Desert, Sahara Desert, Gobi Desert and the Antarctic. To date, after the inaugural Gobi March in 2003, more than 7,000 people



“At the end of the fourth day, I had to drill some holes right down through my nails

Paul Borlinha on relieving the pressure in his toenails during a 250-km Atacama Desert race

have participated in nearly 50 competitions.

As one of 200-odd competitors enlisted in each race, there are moments when Borlinha — who in 2014 became only the third person to do all four in the series, as well as a Roving Race that annually changes locations, all in one year — said he had no choice but to confront pain.

"At the end of the fourth day, I had to drill some holes right down through my nails" to release the pressure, he said, which forced blood to explode "like a little geyser."

Somehow Borlinha, an entrepreneur who runs a creative agency, finds time to prepare. He says it's difficult to formulate a consistent routine, but typically he'll run between 130 to 160 kilometres a week. Weekdays, he'll run 16 to 24 kilometres each day, split into two or three sessions. One run will focus on interval training; the other, elevation.

On most Saturdays and Sundays, he'll split 50 kilometres over three sessions separated by five hours of recovery time. The first is a warm-up; the next

one is faster, usually along the Humber River if he's in Toronto; for the final one, he slows down the pace.

When the season changes, he still trains outdoors here as much as possible but since he's on the road frequently, he'll often head to warmer destinations to get mileage in.

In preparation for the fall Gobi race, he's conducted "experiments," for which he'll deprive himself of sleep and rest in short intervals to figure out an optimal pace.

After Gobi, Borlinha — known as The Beast in racing circles for his monstrous approach to a course — might be hard pressed to find a similar rush. Now that he's competing at this level, any lesser distance will bore him.

"I don't know what's next. I'll quit before I start doing a marathon."

TORSTAR NEWS SERVICE

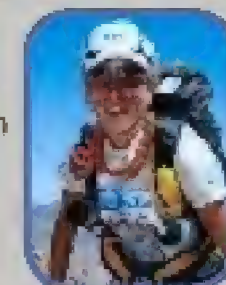
TRUE GRIT

Here's a look at two Canadians who've punished themselves for the glory of running through deserts. Each is signed up for the 250-kilometre Atacama Desert Crossing in October.

Isabelle Sauve, 40, East Ferris, Ont., police officer

Experience: One 250-km ultra-marathon (Marathon Des Sables in Morocco); one Ironman; five half-Ironmans, three marathons

Sauve has done a lot of endurance races, but wanted to attempt a course that was seemingly impossible. "You are capable of so much more than you think," she said. "I enjoy being put in those situations because you learn how to push yourself."



Cynthia Fish, 55, Montreal, retired university professor

Experience: Five 4 Desert ultra-marathons; Race to the Stones (100 km, England); Winery Running Festival (50 km, Australia)

For Fish, these competitions are an escape. "It's a total meditation. Your mind stops thinking about all sorts of foolishness. Your body is really aware of what's going on around it. You really feel alive."

TORSTAR NEWS SERVICE



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WHY I LIKE MY JOB

Eddie Suliman, Wedding & Event Planner/Owner of Mystical Weddings & Eddie Suliman Events

Back in 2010, I was working with an airline carrier that closed its doors unexpectedly. I was suddenly faced with a decision: I could either apply for a job at another airline or start my own business. After doing some research on what it would take to become a wedding planner (I had always been fascinated by weddings), I chose the latter option.

Within one year I obtained formal certification from the Wedding Planners Institute of Canada (WPIC) and started to build a professional website, design a company logo and promote my brand. Five years later, I've had the pleasure of coordinating an array of events including political fundraisers, award shows, grand openings, product launches, weddings and birthday parties.

I definitely feel more in my element after transitioning to a career in event planning. I enjoy taking advantage of my creativity while coming up with fun event themes and helping my clients to save time, stretch their budgets and cut out any needless costs. Above all, my job allows me to build long-lasting friendships with all of my clients — they love that I treat every event as if it were my own.

THE BASICS: Event Planner

\$44,015

Median annual salary for an experienced professional. Event managers and directors can earn up to **\$61,800** per year.

+9%

Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.net, ontariocolleges.ca and onetonline.org.

HOW TO START

Event planning and management programs are typically offered by colleges or online-learning institutions. Alternatively, a diploma in hospitality management or travel and tourism may also prove beneficial since most courses in these disciplines focus on accounting and budgeting, event marketing and sponsorship, contract negotiation, guest services and volunteer management.

WHERE YOU CAN GO

Whether celebrating a major milestone, facilitating a weekend conference, or putting together a week-long festival, there are endless opportunities. Although the wedding industry tends to be the most popular avenue, professionals may also seek employment with large corporations, non-profit groups, political organizations, post-secondary institutions or hotels and resorts. Others may launch their own business. In this industry, reputation is everything — client reviews could make or break a career.

NEXT CAREER STEP

Aspiring event managers or directors may benefit from pursuing industry-recognized certifications or memberships with the Canadian Society of Professional Event Planners (CanSPEP) and Canadian Special Events Society (CSES). Newcomers to the industry can gain more experience by volunteering for municipal events, networking with experienced planners and keeping current with industry trends.



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BUSINESS

With no will, estate of Prince still in flux

Work to settle Prince's estate is moving forward, and a closed hearing is expected to be held this week to resolve an undisclosed dispute between the likely heirs and the trust company that's managing the estate. Court papers say only that the dispute involves "confidential business agreements." Five months after the musician's death, here's a look at where things stand:

Still no will

No will has surfaced since Prince died of an accidental painkiller overdose in April, so his sister, Tyka Nelson, and five half-siblings are likely to be declared the rightful heirs within the next few months. Carver County District Judge Kevin Eide has not made an official declaration or said when he will. He has rejected numerous claims by people who said they were Prince's children, wives and cousins, or that they otherwise deserved a piece of his estate. The main question remaining is whether a woman and girl who claim to be Prince's niece and grandniece are entitled to shares. The judge plans to hold



Prince died suddenly on April 21. THE ASSOCIATED PRESS FILE

one or two hearings on that in November.

Claims deadline

A Sept. 12 deadline set by the judge for claims against the estate passed quietly. Most businesses that say they're owed money have been filing their claims directly with Bremer Trust, and those claims aren't public information. While people who claim to be Prince's heirs are supposed to have filed with the court by now, it's possible that more claims could trickle in. But the legal bar for getting taken seriously at this point is high.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Stars get political with vote ad

THE SHOW: "Save the Day" video
THE MOMENT: The real superheroes

One by one against a white background, celebrities implore Americans to register and vote. "The only way we can prove that your vote counts," Robert Downey, Jr. says, "is to have a lot of famous people..."

"... Lots and lots of famous people," James Franco chimes in. "A s— ton of famous people," Julianne Moore says, "repeating how important it is."

Taran Killam: "You only get this many famous people if the issue really matters..."

"... Like a disease," says Scarlett Johansson.

"Or a racist, abusive coward who could permanently damage the fabric of our society," says Don Cheadle.

Yow.

Writer/director Joss Whedon has put one million of his own dollars into a Super PAC for Hillary Clinton, and has assembled actors from his film *Avengers: Age of Ultron* and his TV show *Agents of S.H.I.E.L.D.* to make a series of videos leading up to U.S. election day, Nov. 8.



Scarlett Johansson joins her *Avengers* co-stars in a Joss Whedon-funded video encouraging Americans to vote. UZ BEDDALL/FOR METRO

This first one is a media-savvy blend of tongue-in-cheek, self-reflexive moments — "Sometimes a not-famous person will be mixed in with the famous ones to drive the message home with their unpolished sincerity," say two not-famous people; the celebs "surprise" Mark Ruffalo by claiming he'll appear naked

in his next film if people vote — mixed with impassioned stings, such as Cheadle's.

Though neither Clinton nor Donald Trump is mentioned by name, the villain here is clear. "Help protect this country from fear and ignorance," says Bradley Whitford.

The superheroes aren't wear-

ing their capes, but they sure are flexing their star power.

The video can be seen at savetheday.vote.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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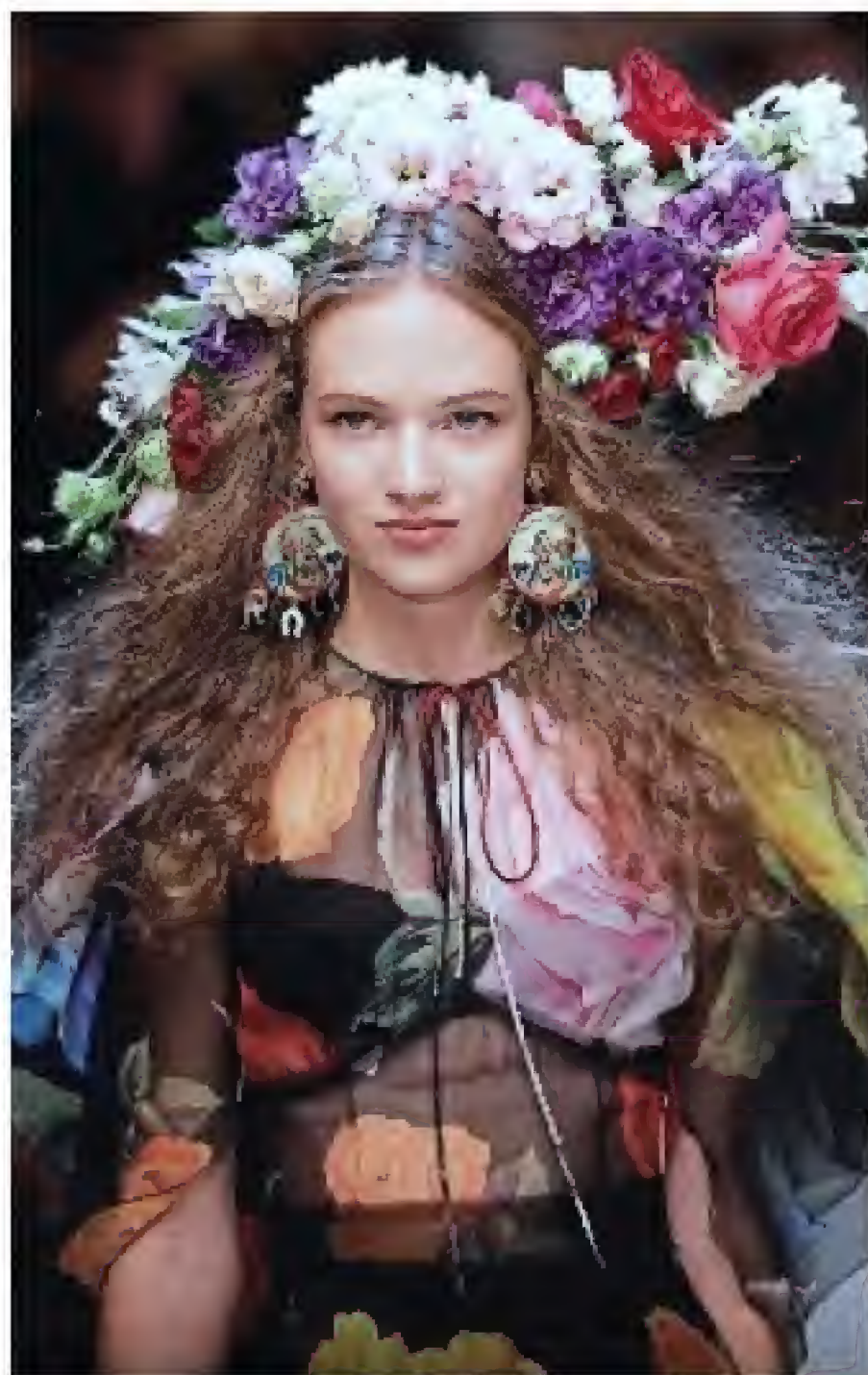
ulethbridge.ca/future-student
Campuses in Lethbridge & Calgary

Milan is already celebrating spring

Here are the highlights from Dolce&Gabbana's spring and summer collection, which showed on the fifth day of Milan Fashion Week on Sunday. THE ASSOCIATED PRESS/GETTY IMAGES

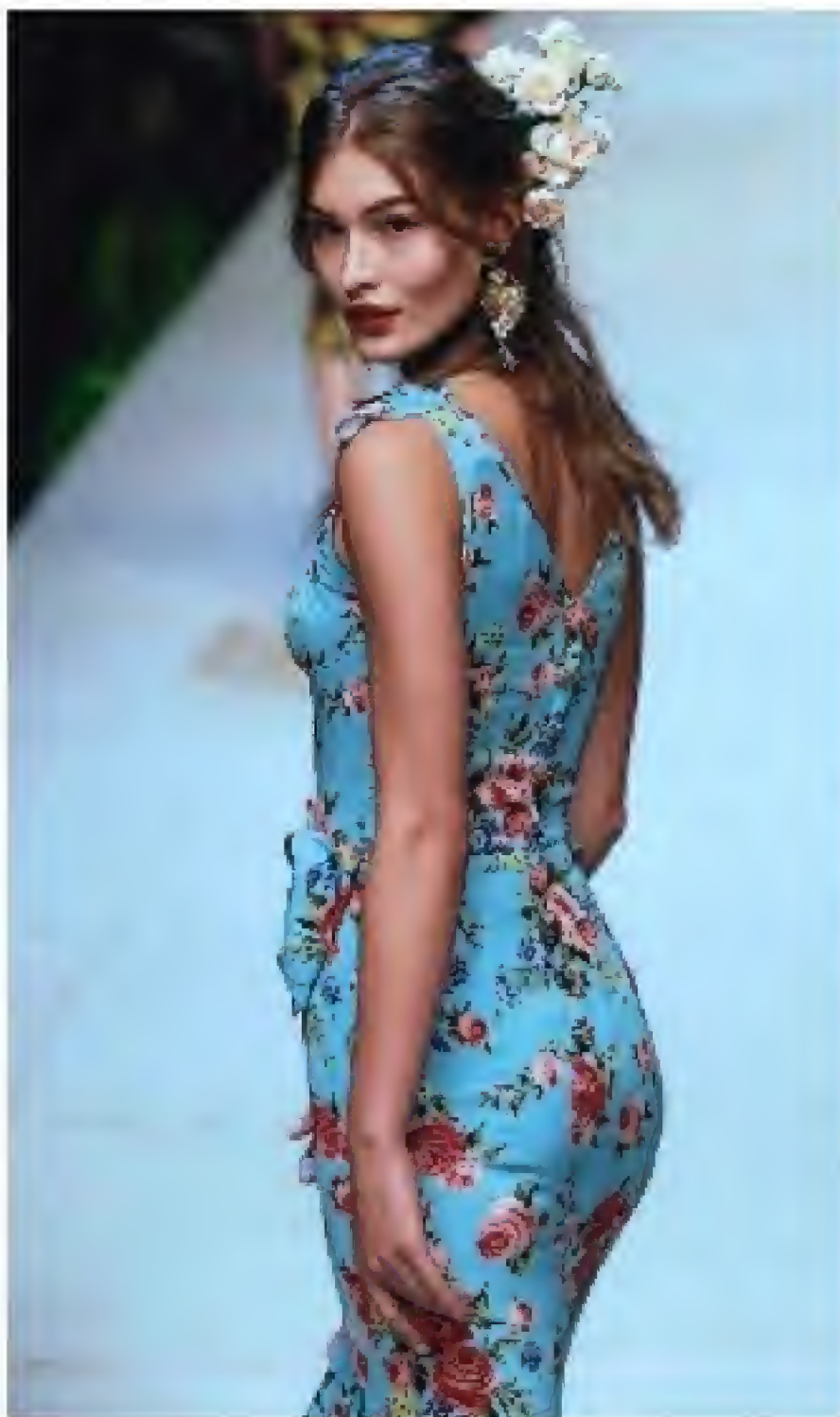
Italian tropics

The duo's collection for next spring and summer was dubbed "Italian Tropics," a fantastical framing of the designers' beloved Sicily, and was exuberant in itself, starting off with a series of bejeweled and embroidered jackets paired with flouncy transparent net skirts, hot pants, decorated ripped jean shorts and silken floral print dresses. Nary a box was unticked for next season, hardly a silhouette left unexplored. The designers delivered a selection of pretty black dresses, from sheer lace numbers to short cocktail looks.



Tapping the power of Instagram

Social media stars have brought a fresh buzz to Milan Fashion Week. As word of their whereabouts spreads, gaggles of fans gather outside the restaurant or show venue where they are gathered, hoping for the chance to get a selfie. Designers Domenico Dolce and Stefano Gabbana are showing their fashion smarts by inviting a host of Millennial-and-under internet stars and fashion trendsetters to the Dolce&Gabbana front row. Young VIPs like Cameron Dallas (pictured right), Sistine Stallone, Zoey Deutch, Lucky Blue Smith and Pyper America Smith, who command millions of followers across multiple social media platforms, give an instant burst of recognition to a very and attentive and targeted audience across the globe.



Ending on a simple note

Amid the endless variety, the final dress of the show perhaps best demonstrated that the designers' intent for next season was something less showy: A baby blue floral dress that hugged the bodice peasant-style and highlighted the curves with a diagonal ruffle. Gently curled hair was decorated with a simple pink flower. The final word being, self-possession.



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'The King' passes on

OBITUARY

Golf great Palmer won hearts, minds, many trophies

Arnold Palmer brought a country club sport to the masses with a hard-charging style, charisma and a commoner's touch. At ease with presidents and the golfing public, and on a first-name basis with both, "The King" died Sunday in Pittsburgh. He was 87.

Alastair Johnson, CEO of Arnold Palmer Enterprises, confirmed that Palmer died Sunday afternoon of complications from heart problems. Johnson said Palmer was admitted to the hospital Thursday for some cardiovascular work and weakened over the last few days.

Palmer ranked among the most important figures in golf history, and it went well beyond his seven major championships and 62 PGA Tour wins. His good looks, devilish grin and go-for-broke manner made the elite sport appealing to one and all. And it helped that he arrived about the same time as television moved into most households, a perfect fit that sent golf to unprecedented popularity.

"If it wasn't for Arnold, golf wouldn't be as popular as it is now," Tiger Woods said in 2004 when Palmer played in his last Masters. "He's the one who basically brought it to the forefront on TV. If it wasn't for him and his excitement, his flair, the way he played,



Arnold Palmer at the Lucky International Open in San Francisco in 1962. THE ASSOCIATED PRESS



Palmer at the Masters in April
GETTY IMAGES

golf probably would not have had that type of excitement. "And that's why he's the king." Beyond his golf, Palmer was a pioneer in sports marketing, paving the way for scores of other athletes to reap in millions from endorsements. Some four decades after his last PGA Tour win, he ranked among the highest-earners in golf.

golf probably would not have had that type of excitement.

"And that's why he's the king."

Beyond his golf, Palmer was a pioneer in sports marketing, paving

the way for scores of other athletes to reap in millions from endorsements. Some four decades after his last PGA Tour win, he ranked among the highest-earners in golf.

“Arnold transcended the game of golf. He was more than a golfer or even a great golfer. He was an icon. He was a legend.”

A statement from Jack Nicklaus

"Thanks Arnold for your friendship, counsel and a lot of laughs," Woods tweeted Sunday night. "Your philanthropy

and humility are part of your legend. It's hard to imagine golf without you or anyone more important to the game than the King."

On the golf course, Palmer was an icon not for how often he won, but the way he did it.

He would hitch up his pants, drop a cigarette and attack the flags. With powerful hands wrapped around the golf club, Palmer would slash at the ball with all of his might, then twist that muscular neck and squint to see where it went.

"When he hits the ball, the earth shakes," Gene Littler once said. THE ASSOCIATED PRESS

PGA

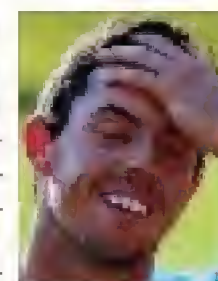
Remarkable rally nets Rory \$11.5M

Rory McIlroy holed two shots on the 16th hole at East Lake that made him a most unlikely FedEx Cup champion on Sunday.

The first one he didn't even see go in.

Three shots behind with three holes to play at the Tour Championship, McIlroy holed a pitching wedge from 137 yards for eagle that gave him the spark he needed to close with a 6-under 64 and join a three-way playoff with the FedEx Cup title riding on the outcome.

"I knew I was right back in



Rory McIlroy
GETTY IMAGES

the golf tournament," he said.

Four playoff holes later on the 16th, after Ryan Moore made a par putt from just outside 15 feet, McIlroy knocked in his 15-foot birdie putt to win two trophies that he desperately wanted — the Tour Championship and the FedEx Cup.

"Just to see that ball drop, and everything that's come together for me this year ... to pull it off was really special," McIlroy said, his voice still hoarse from screaming over so many quality shots, so many clutch moments over the final two hours at East Lake.

McIlroy picked up \$11.53 million in one day — the \$10-million FedEx Cup bonus and \$1.53 million for the Tour Championship. THE ASSOCIATED PRESS

WORLD CUP OF HOCKEY

Europe books date with Canada in final

Tomas Tatar scored twice, including the overtime winner, as Team Europe stunned Sweden with a 3-2 victory in the semifinal at the World Cup of Hockey on Sunday.

Tatar kicked the puck to his skate and put a shot past a sprawling Henrik Lundqvist at 3:43 of the extra period. It was ruled a good goal after a quick video review, earning Europe a berth in the best-of-three final against Canada beginning on Tuesday.

Marian Gaborik had the other goal for Europe (3-1-0) while Jar-

SUNDAY In Toronto

3	2
EUROPE	SWEDEN

slav Halak made 37 saves.

Erik Karlsson and Nicklas Backstrom responded for Sweden (2-0-2) while Lundqvist stopped 28 shots.

Canada defeated Russia 5-3 in the other semifinal on Saturday night. THE CANADIAN PRESS

OBITUARY

Marlins ace dies in boating accident

Jose Fernandez escaped from Cuba by boat on his fourth try as a teenager, and when his mother fell into the Yucatan Channel during the journey, he jumped in and pulled her out.

Fernandez's heroic backstory made his death early Sunday that much more heart-wrenching. The charismatic Miami Marlins ace was killed in a boating accident at age 24.

Fernandez and two other people died when their 32-foot vessel slammed into a jetty off Miami Beach, authorities said.

Authorities didn't know the

time of the crash. The capsized boat was found shortly after 3 a.m.

"All I can do is scream in disbelief," said Hall of Famer Tony Perez, a Marlins executive and native of Cuba. "Jose won the love of all. I feel as if I had lost a son."

The Marlins' game Sunday at home against the Atlanta Braves was cancelled.

Within hours after the news broke, Marlins players gathered at the ballpark to grieve together.

"A lot of words were said — meaningful words and emotion



Jose Fernandez
GETTY IMAGES

and prayer," team president David Samson said. "Jose is a member of this family for all time."

Samson spoke at a news conference while surrounded by every player on the Marlins, except their ace. The players wore team jerseys — black ones. Pitcher David Phelps stared at the floor and shook his head, while outfielder Christian

Yelich took a deep breath and exhaled slowly. Their eyes were red. The names of the other two individuals on the boat were withheld pending notification of relatives, the Coast Guard said.

Fernandez died from trauma and not drowning, said Lorenzo Veloz of the Florida Fish and Wildlife Conservation Commission.

Last week Fernandez posted a photo of his girlfriend sporting a "baby bump" on his Instagram page, announcing that the couple was expecting its first child. THE ASSOCIATED PRESS

IN BRIEF

Harvick takes checkered flag in New Hampshire

Kevin Harvick won Sunday at New Hampshire to earn a spot in the second round of the NASCAR Sprint Cup playoffs, pulling away off a restart a year after a late loss at the track.

Harvick, the 2014 Sprint Cup champion, was able to zip past Matt Kenseth, who dominated much of the race, on the final laps and he held on to join Martin Truex Jr. in the second round. Truex won the Chase opener at Chicagoland.

THE ASSOCIATED PRESS

FIFA says mission for racism task force is complete

FIFA has disbanded its anti-racism task force, declaring the work complete despite ongoing concerns about discriminatory behaviour at matches in 2018 World Cup host Russia.

FIFA wrote to members of the task force to say that it has "completely fulfilled its temporary mission" and "is hereby dissolved and no longer in operation."

The task force was established in 2013 by then-FIFA president Sepp Blatter. THE ASSOCIATED PRESS

Blue Jays bask in Team Canada's glow

MLB

Toronto club hosts hockey heroes after Yankees game

The air in the Blue Jays' clubhouse, home to US\$135 million-plus in baseball salaries, got a little richer Sunday as members of Team Canada dropped in to say hello.

Carey Price, Steven Stamkos, John Tavares, Shea Weber and others, some wearing Blue Jays hats, came bringing gifts in the form of Canada jerseys.

In return, they got a lesson in perseverance from the Jays who fought off a ninth-inning New York comeback with one of their own to edge the Yankees 4-3 before a Rogers Centre capacity crowd of 47,896 with the lid open, the 38th sellout of the season.

The powerhouse Canadian



The Jays celebrate after Edwin Encarnacion's game-winning hit. RICHARD LAUTENS/TORSTAR NEWS SERVICE

hockey team may not need the help. It has taken care of all-comers ahead of the best-of-three final against Team Europe starting Tuesday. But no doubt the players enjoyed the drama of another successful step in the Jays' playoff push. With the dome empty, Stamkos fielded some balls at shortstop from Josh Donaldson after the game.

The Yankees, who had been

shut out their three previous games, had gone ahead 3-2 after getting to Toronto closer Roberto Osuna for two runs in the ninth.

Osuna (3-2) gave up singles to Mark Teixeira and pinch-hitter Billy Butler. Then, with one out, Mason Williams' RBI single tied the game at 2-2. And the Yankees went ahead on Ronald Torreyes' sacrifice fly.

SUNDAY In Toronto

4	3
BLUE JAYS	YANKEES

Melvin Upton Jr. walked to open the bottom of the ninth and moved to third on a Kevin Pillar single off Tyler Clippard (1-3). Upton scored on Ezequiel Carrera's bunt with Clippard given an error on the play.

Devon Travis struck out and Donaldson was walked intentionally to load the bases for Edwin Encarnacion, who slashed a single through the right side of the infield to score Pillar. That brought the jubilant Jays out of the dugout for a celebration.

Also Sunday, wild-card rivals Detroit lost 12-9 to Kansas City and Baltimore edged Arizona 2-1. The Jays hold the top AL wild-card spot, leading Baltimore by a 1-1/2 games and Detroit by three. THE CANADIAN PRESS

NATIONAL LEAGUE

Dodgers clinch West in Scully's farewell

Sprayed champagne and beer flooded the blue carpet in the Dodgers clubhouse. The stench of alcohol hung in the damp air. Wives, kids and a puppy were in on the party with music blaring.

The Los Angeles Dodgers celebrated clinching their fourth straight NL West title with the kind of storybook ending Los Angeles was built on: winning the crown in Vin Scully's final home game when Charlie Culberson homered with two outs in the 10th inning to beat the Colorado Rockies 4-3 Sunday.

"It hasn't really sunk in," said Culberson, who made the opening day roster only to flip-flop between the majors and minors during the season.

The 88-year-old Hall of Fame broadcaster Scully, who has just three games at San Francisco next weekend before ending his 67-year career, bid a public farewell to the team and its 51,962 fans at game's end.

THE ASSOCIATED PRESS



Vin Scully

GETTY IMAGES

IN BRIEF

Blues win exhibition opener

Phoenix Copley and Jordan Binnington combined for 23 saves to help the St. Louis Blues beat the Blue Jackets 5-0 Sunday night in Columbus, Ohio, to complete a sweep of the teams' two split-squad games on the opening day of the NHL pre-season.

THE ASSOCIATED PRESS

Sounders win in Los Angeles

Jordan Morris scored his 11th and 12th goals of his rookie season and the Seattle Sounders beat the L.A. Galaxy 4-2 on Sunday to snap an 11-game road winless streak in the series. Seattle (11-13-5) is in seventh place, three points back of Portland for the final playoff spot.

THE ASSOCIATED PRESS

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Eagles spread their wings over Steelers

NFL

Wentz a perfect 3-0 to begin his rookie season

Carson Wentz threw for 301 yards and two touchdowns, a fierce defence shut down Ben Roethlisberger and Antonio Brown and the Philadelphia Eagles beat the Pittsburgh Steelers 34-3 on Sunday to remain unbeaten.

The rookie No. 2 overall pick connected with Darren Sproles on a 73-yard, catch-and-run TD and tossed a 12-yard TD pass to Jordan Matthews.

"Everyone has confidence and high expectations for

themselves," Wentz said. "We're playing inspired football."

After beating the Browns and Bears in the first two games, the Eagles (3-0) proved they could compete with the big boys.

The Steelers (2-1) averaged 31 points the first two weeks and are considered Super Bowl contenders.

Pittsburgh was 19-2 against rookie quarterbacks since 2004. But Wentz is no ordinary rookie.

Everyone is jumping on the Wentz wagon in Philadelphia. And he was the No. 3 quarterback until Sam Bradford was traded to Minnesota just eight days before the season opener.

"What he's doing is special and it's a testament to his preparation and demeanour," Eagles safety Malcolm Jenkins said of Wentz.

Sproles finished with six catches for 128 yards and Kenjon Barner and rookie Wendell Smallwood each had their first career rushing TDs.

Roethlisberger had 257 yards passing, one interception and no TDs after tossing six in the first two games. Brown caught 12 passes for 140 yards, most of which came after the outcome was decided.

"This is a very good NFC team," Roethlisberger said. "They got after us and made us one-dimensional."

THE ASSOCIATED PRESS



Wendell Smallwood of the Eagles carries the ball against the Steelers in Philadelphia on Sunday. ALEX GOODLETT/GETTY IMAGES

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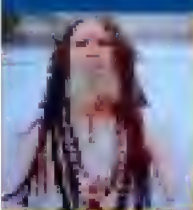
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AROUND THE NFL

Broncos 29, Bengals 17

Trevor Siemian threw a career-high four touchdown passes in his first road start and was nearly perfect under fourth-quarter pressure, rallying Denver over Cincinnati. The defending Super Bowl champions are 3-0 under Siemian.

Chiefs 24, Jets 3

Kansas City returned two turnovers for touchdowns, intercepted three passes in the end zone and forced eight turnovers total in a victory over New York.

Bills 33, Cardinals 18

LeSean McCoy scored twice and safety Aaron Williams returned a botched field-goal snap 53 yards for a touchdown in leading Buffalo over Arizona.

The win comes after the firing of offensive coordinator Greg Roman, who was replaced by running backs coach Anthony Lynn.

Seahawks 37, 49ers 18

Russell Wilson threw for 243 yards and a touchdown before suffering a left knee injury and Seattle rolled to a rout of San Francisco.

Vikings 22, Panthers 10

Sam Bradford threw a touchdown pass to Kyle Rudolph, Marcus Sherels returned a punt for a score and Minnesota snapped Carolina's 14-game home winning streak.

Packers 34, Lions 27

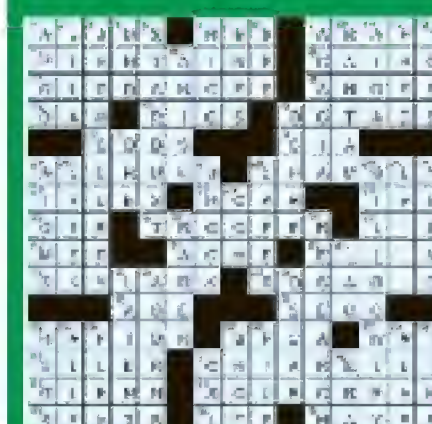
Aaron Rodgers threw for 205 yards and four touchdowns, including two in the first half to Jordy Nelson, and Green Bay snapped out of its offensive funk before holding off Detroit.

Dolphins 30, Browns 24 (OT)

Jay Ajayi scored on an 11-yard run with 8:26 left in overtime, and Miami escaped with a win over Cleveland. THE ASSOCIATED PRESS

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3	6	5	7	1	4	9	2	8
2	4	9	8	3	5	1	6	7
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9	2	1	6	7	3	5	8	4
5	3	7	1	4	8	6	9	2
1	7	3	4	8	6	2	5	9
8	9	6	2	5	7	3	4	1
4	5	2	3	9	1	8	7	6

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RECIPE Carrot & Chickpea Stew



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

Fill your home with the amazing fragrance of this Moroccan-inspired veggie stew.

Ready in 1 hour 5 minutes

Prep time: 5 minutes
Cook time: 1 hour
Serves 6

Ingredients

- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 Tbsp minced ginger
- Tbsp olive oil
- 3 cups carrots, chopped in 1/4 inch rounds
- 1/2 tsp turmeric
- 3/4 tsp cinnamon
- 1 tsp chili powder
- 1 red pepper chopped
- 1/2 zucchini chopped
- 6 or 8 mushrooms chopped

- 2 cups of canned chickpeas, drained
- 1 cup chicken or vegetable stock

Directions

1. Sauté the onion, garlic and ginger in the olive oil until they're soft but not browned.
2. Add the carrots and the spices and a splash of stock to stop it from sticking.
3. Cook for 10 to 15 minutes, stirring occasionally.
4. Add the other vegetables and sauté for a couple of minutes.
5. Add the drained chickpeas and stock and simmer for an hour, stirring regularly.
6. Add salt and pepper to taste. Serve with a dollop of plain yogurt and some fresh cilantro.

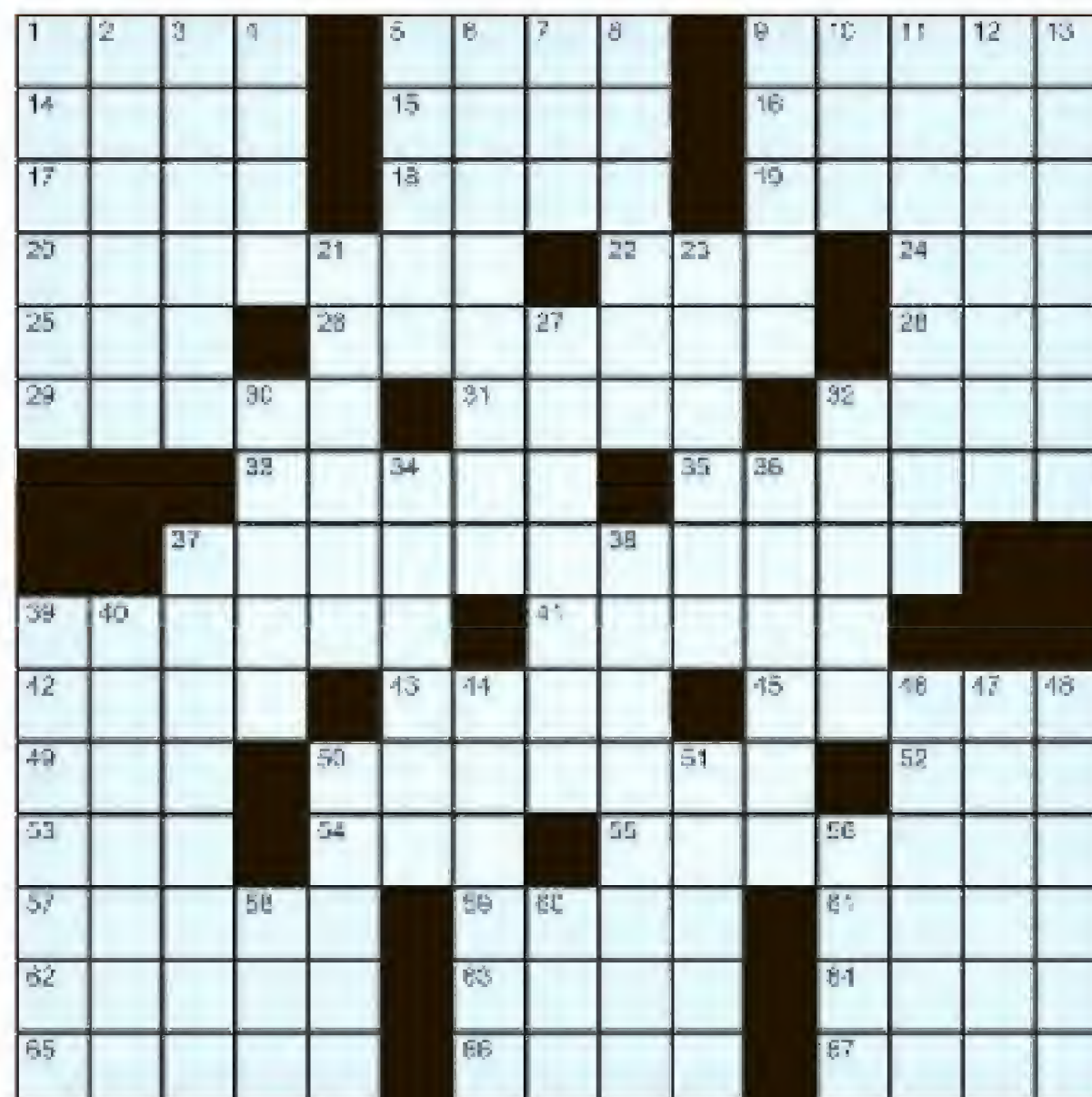
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Grind grub
5. Unruly crowds
9. Ring
14. Libertine
15. Help with the bank robbery
16. Old alphabetic symbols
17. Bygone time
18. Tropical destination
19. Emergence
20. Light aircraft
22. Fond du __, Wisconsin
24. __-game show
25. Dance style
26. Predictors in the past
28. Pres. Eisenhower
29. Will, posh-style
31. Overcook
32. Small weight
33. Theatre lane
35. Shoelace tips
37. Prince William and Kate are currently on a what of Canada?: 3 wds.
39. Combed-for-fossils sedimentary layers
41. Kitchen gadget
42. Fires
43. In that case
45. Proclamation
49. In the style of: 2 mots
50. Non-verbally say "Oh, I couldn't even bear that!"
52. Greek alphabet's 19th letter
53. Zodiac animal
54. 'Ideal' suffix



55. Whistle-holding cord
57. Expanse-related
59. Tel __, Israel
61. Choir voice
62. Lettered/numbered balls game
63. 2009 Kate Hudson mov-

- ie musical
 64. Docking spot
 65. Stuffs with foodstuffs
 66. Droops
 67. Back talk
- DOWN**
1. Horror movie haunts
 2. "Whoopee!"

3. Galilean moon of Jupiter
4. Do a boo-hoo-hoo
5. "Finding Vivian __" (2013)
6. __ course
7. "The Fresh Prince of __-Air"
8. Stanley's wife in

- "A Streetcar Named Desire" (1951)
9. Comfy shoes brand
10. Sweetie
11. Motivator
12. Kalahari Desert animal
13. Reverences
21. John Bel-

ushi's character in "The Blues Brothers" (1980). ' __ ' Jake Blues
23. Refresh the lawn
27. Said that word photographers say to say, say
30. Ms. Turner's
32. Pasted
34. Scythe tracks
36. Regulate
37. Decoration
38. __ wood
39. Sacred beetles of ancient Egypt
40. Greek Myth: Winged sandals worn by ancient messenger Hermes
44. People
46. Roma's realm
47. __ du jour (Montreal 'menus')
48. Henry VIII, and kin
50. Country towers
51. Roof rim things
56. Puppy protestations!
58. Stone __
60. Through

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's Monday — but it's a playful Monday for your sign. Accept invitations to party. Focus on creative activities, sports, the arts and romantic diversions. Stir up some fun!

Taurus April 21 - May 21
Focus on home, family and your private life today. In fact, a conversation with a parent or a female relative could be important for both of you. Go with the flow.

Gemini May 22 - June 21
A short trip and a chance to talk to siblings and relatives probably are on the menu for you today. This is a fast-paced, busy day full of errands and little tasks.

Cancer June 22 - July 23
Money and cash flow are on your mind today. Perhaps this is because you are redecorating at home and possibly exploring future real-estate opportunities.

Leo July 24 - Aug. 23
Because the Moon is in your sign today, why not ask the universe for a favor? For two days every month, the Moon is in your sign making you a little luckier than all the other signs.

Virgo Aug. 24 - Sept. 23
Work alone or behind the scenes today. Keep a low profile. It's just that kind of day.

Libra Sept. 24 - Oct. 23
Interactions with a female friend will be important today. You might want to share your hopes and dreams for the future to get others' feedback.

Scorpio Oct. 24 - Nov. 22
A discussion with a female authority figure (boss or parent) will be significant today. At the very least, listen to what is said. (You never know where you will next hear some wise advice.)

Sagittarius Nov. 23 - Dec. 21
Travel will appeal to you today, because you want to broaden your horizons. Make an effort to learn something new. Go someplace you've never been before.

Capricorn Dec. 22 - Jan. 20
Address issues related to inheritances and shared property today so that you are caught up with red-tape details. Don't let this stuff fall behind.

Aquarius Jan. 21 - Feb. 19
Conversations with partners and close friends will be significant today. Be prepared to agree and go along with what's being proposed.

Pisces Feb. 20 - March 20
Do something to feel better organized today. Set aside 10 or 15 minutes to tidy up your scene or get rid of something you no longer need. Streamline your space!

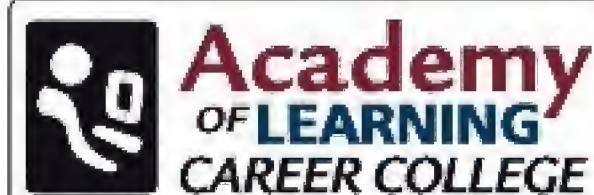
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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